**BACHELOR OF PHYSICAL EDUCATION (B.P.Ed) - TWO YEAR PROGRAM UNDER CHOICE BASESD CREDIT SYSTEM (CBCS) W.E.F. 2020-21 & LEARNING OUTCOME BASED CURRICULUM FRAMEWORK (LOCF) EXAMINATION W.E.F. SESSION 2020-2021.**

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**KURUKSHETRA UNIVERSITY**

**KURUKSHETRA**

**(Established by the State Legislature Act XII of 1956)**

“Note:- *The Credits and marks for the Open Elective course will not be included in the overall result.*”

**Scheme of Examination of Bachelor of Physical Education (B.P.Ed.) Choice Based Credit System (CBCS) under Semester System to be implemented w.e.f. 2020-21 in phased manner. It will be initially applicable on the program run on KUK campus only i.e. Department of Physical Education, KUK.**

**COURSE STRUCTURE**

**Note:** a) Each Compulsory Paper will be of 100 marks (80 marks external paper and 20 marks internal

assessment). Paper setter will be required to set 2 questions from each Unit – I, II, III & IV. Unit–V consists of 10 questions of short answers distributed from all over the syllabus. The candidates will be required to attempt one question from each Unit – I, II, III & IV carrying 15 marks for each question. Whereas, Unit - V will be compulsory for all consisting 2 marks of each short answer.

b) For Open Elective paper BPEd -209 and BPEd -309 will carry 50 (40 marks external paper and 10 marks internal assessment) Paper setter is required to set 2 questions from each Unit – I and II. Unit - III consists of 4 questions of short answers distributed from all over the syllabus. The candidates are required to attempt one question from each Unit – I and II carrying 16 marks for each question. Unit - III is compulsory for all consisting 2 marks of each short answer.

**Course Symbol: C.C.C - Compulsory Core Course, C.F.C - Compulsory Foundation Course**

**and O.E.C - Open Elective Course**

**Kurukshetra University, Kurukshetra**

**Scheme of Examination for Bachelor of Physical Education (B.P.Ed)**

**CBCS Scheme of Examination implemented from session 2020-2021**

**Semester - Ist**

**Credits= 26 Total Marks = 800**

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **Paper Code** | **Subjects** | **Type**  **of Course** | **Contact Hours Per Week** | | | **Credit** | | | **Examination Scheme** | | | **Total** | **Duration of Exam** |
| **Theory** | **Practical** | **Total** | **Theory** | **Practical** | **Total** | **Internal Assessment** | **Theory** | **Practical** |
| BPEd -101 | History and foundation of Physical Education | CCC | 04 | -- | 04 | 04 | -- | 04 | 20 | 80 | -- | 100 | 3 hours |
| BPEd - 102 | Anatomy and Physiology | CFC | 04 | -- | 04 | 04 | -- | 04 | 20 | 80 | -- | 100 | 3 hours |
| BPEd - 103 | Health Education and  Environmental Studies | CFC | 04 | -- | 04 | 04 | -- | 04 | 20 | 80 | -- | 100 | 3 hours |
| BPEd -104 | Officiating and Coaching | CCC | 04 | -- | 04 | 04 | -- | 04 | 20 | 80 | -- | 100 | 3 hours |
| BPEd - 105 | Practicum:  (i) Athletics (Track Events) | CCC |  | 05 | 05 | - | 2.5 | 2.5 | - | - | 100 | 100 | -- |
| BPEd - 106 | (ii) Game – I  (Basket Ball & Kabaddi) | CCC | -- | 05 | 05 | -- | 2.5 | 2.5 | -- | -- | 100 | 100 | -- |
| BPEd - 107 | (iii) Game –II  (Football &Kho Kho) | CCC | -- | 05 | 05 | -- | 2.5 | 2.5 | -- | -- | 100 | 100 | -- |
| BPEd -108 | (iv) Anatomy, Physiology  and Health Education | CCC | -- | 05 | 05 | -- | 2.5 | 2.5 | -- | -- | 100 | 100 | -- |
| **Total** | |  | 16 | 20 | 36 | 16 | 10 | 26 | 80 | 320 | 400 | 800 | |

**C.C.C = Compulsory Core Course C.F.C = Compulsory Foundation Course**

**Kurukshetra University, Kurukshetra**

**Scheme of Examination for Bachelor of Physical Education (B.P.Ed)**

**CBCS Scheme of Examination implemented from session 2020-2021**

**Semester - IInd**

**Credits= 26 Total Marks = 800**

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **Paper Code** | **Subjects** | **Type**  **of Course** | **Contact Hours Per Week** | | | **Credit** | | | **Examination Scheme** | | | **Total** | **Duration of Exam** |
| **Theory** | **Practical** | **Total** | **Theory** | **Practical** | **Total** | **Internal Assessment** | **Theory** | **Practical** |
| BPEd-201 | Yoga Education | CCC | 04 | -- | 04 | 04 | -- | 04 | 20 | 80 | -- | 100 | 3 hours |
| BPEd- 202 | Computer Applications in Physical Education | CFC | 04 | -- | 04 | 04 | -- | 04 | 20 | 80 | -- | 100 | 3 hours |
| BPEd- 203 | Sports Psychology and Sociology | CFC | 04 | -- | 04 | 04 | -- | 04 | 20 | 80 | -- | 100 | 3 hours |
| BPEd -204 | Contemporary issues in Physical Education, Fitness and Wellness | CCC | 04 | -- | 04 | 04 | -- | 04 | 20 | 80 | -- | 100 | 3 hours |
| BPEd- 205 | Practicum:  (i) Athletics  (Throwing Events) | CCC |  | 05 | 05 | - | 2.5 | 2.5 | - | - | 100 | 100 | -- |
| BPEd- 206 | Game – I  (Volleyball & Yoga) | CCC | -- | 05 | 05 | -- | 2.5 | 2.5 | -- | -- | 100 | 100 | -- |
| BPEd- 207 | Game –II  (Handball & Gymnastics) | CCC | -- | 05 | 05 | -- | 2.5 | 2.5 | -- | -- | 100 | 100 | -- |
| BPEd-208 | Computer Application,  Rehabilitation  & Sports Psychology | CCC | -- | 05 | 05 | -- | 2.5 | 2.5 | -- | -- | 100 | 100 | -- |
| ***BPEd-209*** | ***Fundamentals of Yoga/***  **Mooc (Massive Open**  **Online Courses)** | ***OEC*** | ***02*** | ***--*** | ***02*** | ***02*** | ***--*** | ***02*** | ***10*** | ***40*** | ***--*** | ***50*** | ***2 hours*** |
| **Total** | |  | **16** | **20** | **36** | **16** | **10** | **26** | **80** | **320** | **400** | **800** | |

**\*Note: The credits and marks of the Open Elective course are not included in the grand total score.**

**C.C.C = Compulsory Core Course C.F.C = Compulsory Foundation Course O.E.C = Open Elective Course**

**Kurukshetra University, Kurukshetra**

**Scheme of Examination for Bachelor of Physical Education (B.P.Ed)**

**CBCS Scheme of Examination implemented from session 2021-2022**

**Semester - IIIrd**

**Credits= 26 Total Marks = 800**

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **Paper Code** | **Subjects** | **Type**  **of Course** | **Contact Hours Per Week** | | | **Credit** | | | **Examination Scheme** | | | **Total** | **Duration of Exam** |
| **Theory** | **Practical** | **Total** | **Theory** | **Practical** | **Total** | **Internal Assessment** | **Theory** | **Practical** |
| BPEd - 301 | Sports Training | CCC | 04 | -- | 04 | 04 | -- | 04 | 20 | 80 | -- | 100 | 3 hours |
| BPEd - 302 | Educational Technology and Methods of Teaching in Physical Education | CFC | 04 | -- | 04 | 04 | -- | 04 | 20 | 80 | -- | 100 | 3 hours |
| BPEd - 303 | Organization and Administration | CFC | 04 | -- | 04 | 04 | -- | 04 | 20 | 80 | -- | 100 | 3 hours |
| BPEd - 304 | Sports Nutrition and Weight Management | CCC | 04 | -- | 04 | 04 | -- | 04 | 20 | 80 | -- | 100 | 3 hours |
| BPEd - 305 | Practicum:  (i) Athletics (Jumps) | CCC |  | 05 | 05 | - | 2.5 | 2.5 | - | - | 100 | 100 | -- |
| BPEd - 306 | (ii) Game – I  (Cricket & Softball  /Baseball) | CCC | -- | 05 | 05 | -- | 2.5 | 2.5 | -- | -- | 100 | 100 | -- |
| BPEd - 307 | Game –II  (Weight Training &  Hockey) | CCC | -- | 05 | 05 | -- | 2.5 | 2.5 | -- | -- | 100 | 100 | -- |
| BPEd - 308 | Mass Display Activity  (Free Hand) | CCC | -- | 05 | 05 | -- | 2.5 | 2.5 | -- | -- | 100 | 100 | -- |
| ***BPEd - 309*** | **Health and Nutrition/**  **Mooc (Massive Open**  **Online Courses)** | ***OEC*** | ***02*** | ***--*** | ***02*** | ***02*** | ***--*** | ***02*** | ***10*** | ***40*** | ***--*** | ***50*** | ***2hrs*** |
| **Total** | |  | **16** | **20** | **36** | **16** | **10** | **26** | **80** | **320** | **400** | **800** | |

**\*Note: The credits and marks of the Open Elective course are not included in the grand total score.**

**C.C.C = Compulsory Core Course C.F.C = Compulsory Foundation Course O.E.C = Open Elective Course**

**Kurukshetra University, Kurukshetra**

**Scheme of Examination for Bachelor of Physical Education (B.P.Ed)**

**CBCS Scheme of Examination implemented from session 2021-2022**

**Semester-IVth**

**Credits= 26 Total Marks = 800**

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **Paper Code** | **Subjects.** | **Type**  **of Course** | **Contact Hours Per Week** | | | **Credit** | | | **Examination Scheme** | | | **Total** | **Duration of Exam** |
| **Theory** | **Practical** | **Total** | **Theory** | **Practical** | **Total** | **Internal Assessment** | **Theory** | **Practical** |
| BPEd - 401 | Olympic Movement | CCC | 04 | -- | 04 | 04 | -- | 04 | 20 | 80 | -- | 100 | 3 hours |
| BPEd - 402 | Curriculum Design | CFC | 04 | -- | 04 | 04 | -- | 04 | 20 | 80 | -- | 100 | 3 hours |
| BPEd - 403 | Sports Management | CFC | 04 | -- | 04 | 04 | -- | 04 | 20 | 80 | -- | 100 | 3 hours |
| BPEd - 404 | Sports Medicine and Rehabilitation | CCC | 04 | -- | 04 | 04 | -- | 04 | 20 | 80 | -- | 100 | 3 hours |
| BPEd - 405 | Practicum:  (i) Athletic Meet  (Opening, March Past,  Victory Ceremony &  Closing) | CCC |  | 05 | 05 | - | 2.5 | 2.5 | - | - | 100 | 100 | -- |
| BPEd - 406 | (ii) Game – I  (Badminton & Table  Tennis) | CCC | -- | 05 | 05 | -- | 2.5 | 2.5 | -- | -- | 100 | 100 | -- |
| BPEd - 407 | (iii) Game –II  (Boxing & Wrestling) | CCC | -- | 05 | 05 | -- | 2.5 | 2.5 | -- | -- | 100 | 100 | -- |
| BPEd - 408 | (iv) Mass Display  Activity  (Lezium, Dumbbell &  Tipri) | CCC | -- | 05 | 05 | -- | 2.5 | 2.5 | -- | -- | 100 | 100 | -- |
| **Total** | |  | **16** | **20** | **36** | **16** | **10** | **26** | **80** | **320** | **400** | **800** | |

**Total Credits: 104 Grand Total: 3200**

**C.C.C = Compulsory Core Course C.F.C = Compulsory Foundation Course**

**B.P.Ed. 1st and 2nd Semester w.e.f. 2020-21 & B.P.Ed. 3rd and 4th Semester w.e.f. 2021-22.**

**Overall Detail History of C.C.C, C.F.C and O.E.C/Mooc Courses in B.P.Ed Course (2 Year)**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Sr. No.** | **Course Title** | **C.C.C Compulsory core Course** | **C.F.C Compulsory Foundation Course** | **OEC Open Elective Course/**  **Mooc (Massive Open**  **Online Courses)** |
| 1 | B.P.Ed 1st Sem. | 06 | 02 | 00 |
| 2 | B.P.Ed 2nd Sem. | 06 | 02 | 01 |
| 3 | B.P.Ed 3rd Sem. | 06 | 02 | 01 |
| 4 | B.P.Ed 4th Sem. | 06 | 02 | 00 |
|  | **Total** | **24** | **08** | **02** |

**PROGRAM OUTCOMES: -**

1. Learners will be able to comprehend the acquire knowledge during the Program of study.
2. Learners will be able to reflect on the issues relating to the discipline- ‘Education’.
3. Learners will be able to exhibit the professional skills and competencies acquired during the Program of study.
4. Learners will be able to show scientific & research capabilities in their academic, professional and general life pursuits.
5. Learners will be able to apply the knowledge and skills acquired in academic planning, organizing, evaluation, decision making, resource management according to pre-determined objectives/outcomes.
6. Learners will be able to work as member or leader in various teams and multi-disciplinary & diverse settings.
7. Learners will be able to discuss and solve the problems relating to the discipline and life.
8. Learners will be able to state and follow the ethical issues relating to the discipline and society.
9. Learners will be able to apply different tools and techniques of communication and related skills.

**PROGRAM SPECIFIC OUTCOMES: -**

**After completing the program student- teacher will be able to:-**

1. Acquire knowledge about historical foundation of Physical education, understand Olympic Movement and skills about managerial aspects of physical education and sports.
2. Apply and demonstrate the knowledge of yoga, psycho-social techniques, health and environment education for health promotion of masses.
3. Acquire knowledge about human physiological aspects, identify different sports injuries and use appropriate physiotherapeutic modalities to treat injuries along with nutritional aspects related to weight management.
4. Use digital communication as an effective tool and utilize appropriate technology and multi-media to organize, analyze, interpret and present information.
5. Employ –best practices of sports training, innovative pedagogy, maintain physical fitness using principles of training frequency, intensity and duration according to prescribed curriculum.

**B. P. Ed. –Syllabus**

**(From Session 2020-2021)**

**Semester – I**

**Theory Courses**

**BPEd- 101: HISTORY AND FOUNDATION OF PHYSICAL EDUCATION**

**Time: Three Hours Total Marks: 100 (Theory Marks: 80 + Internal Assessment :20)**

**Credits= 4**

***Note:*** *Paper setter will be required to set 2 questions from each Unit – I, II, III & IV. Unit–V consists of 10 questions of short answers distributed from all over the syllabus. The candidates will be required to attempt one question from each Unit – I, II, III & IV carrying 15 marks for each question. Whereas, Unit - V will be compulsory for all consisting 2 marks of each short answer.*

**Course Outcomes: -**

After completing the course contents of this course, the students will be able to: -

**BPEd 101.1** understand the meaning, scope, aim, objectives, importance of Physical Education and its relationship with General Education and Physical Education as an Art and Science.

**BPEd 101.2** learn about Historical development in Indus Valley Civilization Period, Vedic Period, Early Hindu Period, Medieval Period, British Period.

**BPEd 101.3** gain knowledge of Philosophies of Education as applied to Physical Education, contribution of Akhadas and Vyayamshals, Y.M.C.A.& Sports Authority of India in the development of sports.

**BPEd 101.4** acquire knowledge the History of Physical Education in Ancient Greece, Rome Germany, Sweden, Denmark & Russia.

**SYLLABUS**

**Unit – I: Introduction of Physical Education.**

1. Meaning, Definition and Scope of Physical Education
2. Aims and Objective of Physical Education
3. Importance of Physical Education in present era.
4. Misconceptions about Physical Education.
5. Relationship of Physical Education with General Education.
6. Physical Education as an Art and Science.

**Unit- II: Historical Development of Physical Education in India.**

1. Indus Valley Civilization Period. (3250 BC – 2500 BC)
2. Vedic Period (2500 BC – 600 BC)
3. Early Hindu Period (600 BC – 320 AD) and Later Hindu Period (320 AD – 1000 AD)
4. Medieval Period (1000 AD – 1757 AD)
5. British Period (Before 1947)
6. Physical Education in India (After 1947)

**Unit- III: Foundation of Physical Education.**

1. Philosophies of Education as applied to Physical Education – Idealism, Naturalism,

Realism, Pragmatism, Existentialism and Humanism.

1. Contribution of Akhadas and Vyayamshals in the development of Physical Education.
2. Y.M.C.A. and its contributions in the development of Physical Education.
3. Contribution of Sports Authority of India in the development of sports.

**Unit- IV: Historical Development of Physical Education Overseas.**

1. History of Physical Education in Ancient Greece.
2. History of Physical Education in Rome.
3. History of Physical Education in Germany.
4. History of Physical Education in Sweden.
5. History of Physical Education in Denmark & Russia.

**References:**

Bucher, C. A. (n.d.) Foundation of physical education. St. Louis: The C.V. Mosby Co.

Deshpande, S. H. (2014). Physical Education in Ancient India. Amravati: Degree college of

Physical education.

Mohan, V. M. (1969). Principles of physical education. Delhi: Metropolitan Book Dep.

Nixon, E. E. & Cozen, F.W. (1969). An introduction to physical education. Philadelphia:

W.B. Saunders Co.

Obertuffer, (1970). Delbert physical education. New York: Harper & Brothers Publisher.

Sharman, J. R. (1964). Introduction to physical education. New York: A.S. Barnes & Co.

William, J. F. (1964). The principles of physical education. Philadelphia: W.B. Saunders Co.

**BPEd 101 - HISTORY AND FOUNDATION OF PHYSICAL EDUCATION.**

**CO-PO Mapping Matrix**

|  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| CO | PO1 | PO2 | PO3 | PO4 | PO5 | PO6 | PO7 | PO8 | PO9 |
| BPED 101.1 | 3 | 3 | 3 | 3 | 1 | 2 | 2 | 1 | 3 |
| BPED 101.2 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 2 | 3 |
| BPED 101.3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 2 | 3 |
| BPED 101.4 | 3 | 3 | 3 | 3 | 3 | 3 | 2 | 3 | 3 |
| **Average** | 3 | 3 | 3 | 3 | 2.5 | 2.75 | 2.5 | 2 | 3 |

**CO-PSO Mapping Matrix**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| CO | PSO 1 | PSO 2 | PSO 3 | PSO 4 | PSO 5 |
| BPED 101.1 | 3 | 2 | 3 | 3 | 3 |
| BPED 101.2 | 3 | 3 | 3 | 3 | 3 |
| BPED 101.3 | 3 | 3 | 2 | 3 | 3 |
| BPED 101.4 | 3 | 3 | 2 | 3 | 3 |
| **Average** | 3 | 2.75 | 1.50 | 3 | 3 |

**CO-PO-PSO Mapping Matrix**

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| CO | PO1 | PO2 | PO3 | PO4 | PO5 | PO6 | PO7 | PO8 | PO9 | PSO 1 | PSO 2 | PSO 3 | PSO 4 | PSO 5 |
| BPED 101.1 | 3 | 3 | 3 | 3 | 1 | 2 | 2 | 1 | 3 | 3 | 2 | 3 | 3 | 3 |
| BPED 101.2 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 2 | 3 | 3 | 3 | 3 | 3 | 3 |
| BPED 101.3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 2 | 3 | 3 | 3 | 2 | 3 | 3 |
| BPED 101.4 | 3 | 3 | 3 | 3 | 3 | 3 | 2 | 3 | 3 | 3 | 3 | 2 | 3 | 3 |
| **Average** | 3 | 3 | 3 | 3 | 2.5 | 2.75 | 2.5 | 2 | 3 | 3 | 2.75 | 1.50 | 3 | 3 |

**BPEd - 102 ANATOMY AND PHYSIOLOGY**

**Time : Three Hours Total Marks : 100 (Theory Marks: 80 + Internal Assessment :20)**

**Credits= 4**

***Note:*** *Paper setter will be required to set 2 questions from each Unit – I, II, III & IV. Unit–V consists of 10 questions of short answers distributed from all over the syllabus. The candidates will be required to attempt one question from each Unit – I, II, III & IV carrying 15 marks for each question. Whereas, Unit - V will be compulsory for all consisting 2 marks of each short answer.*

**Course outcomes: -**

After completing the course contents of this course, the students will be able to: -

**BPEd 102.1** enhance knowledge about anatomy and physiology, its scope, meaning and function of skeleton and gender difference in the Skeleton system.

**BPEd 102.2** understand the Blood and Circulatory system, Digestive system, their functions and impact of exercise on both systems.

**BPEd 102.3** learn about Respiratory and Excretory system with impact of exercise on both systems

**BPEd 102.4** understand Muscular system, Nervous system and Endocrine glands with impact of exercise on muscular system and endocrine glands.

**SYLLABUS**

**UNIT- I Anatomy and Physiology**

1. Meaning of Anatomy and Physiology. Its scope of in the field of Physical Education.
2. Cell: Meaning, Cell organelles, function with Diagram.
3. Tissue: meaning, types and their functions.
4. Skeleton: Meaning, Types of Bones and their Functions.
5. Joints: Meaning, Types and Functions.
6. Gender difference in the Skeleton systems.

**UNIT- II Circulatory and Digestive system.**

1. **Circulatory System:** Structure of the heart, blood vessels attached to the heart, types of circulation (Systematic, Pulmonary and Coronary circulation).
2. Blood: meaning, its constituents, functions and Blood pressure.
3. Heart rate, stock volume, cardiac output and Effect of exercise on circulatory system.
4. **Digestive System:** Organs, **S**tructure and functions of digestive system.
5. Name and functions of various digestive juices and enzymes on different nutrients.
6. Effect of exercise on the Digestive System.

**UNIT- III Respiratory and Excretory system**

1. **Respiratory System:** Meaning, Organs, Structure and their functions.
2. Mechanism of gas exchange in the lungs and tissues
3. Oxygen duct and second wind: meaning and causes.
4. Different lung capacities and volumes and effect of exercise on respiratory system.
5. **Excretory System:** meaning, organs of excretion (kidneys and skin) with their structure and functions.
6. Effect of exercise on the Excretory System.

**UNIT- IV Muscular system, Nervous system and Endocrine gland.**

1. **Muscular System**: Meaning, Characteristics and functions of muscles
2. Types of muscles and effect of exercise on Muscular system.
3. **Endocrine Glands**: Meaning and functions of different types of glands (Pituitary, Thyroid, Parathyroid, Adrenal and Sex glands).
4. Effect of exercise on endocrine glands.
5. **Nervous System:** Meaning, Structure of nerve cell.
6. **Division of Nervous system:** Central nervous system (CNS) and

Peripheral Nervous System (PNS), functions of Brain and Spinal cord.

**References:**

Gupta, A. P. (2010). *Anatomy and physiology.* Agra: Sumit Prakashan.

Gupta, M. and Gupta, M. C. (1980). *Body and anatomical science.* Delhi: Swaran Printing Press.

Guyton, A.C. (1996). Textbook of Medical Physiology, 9th edition. Philadelphia: W.B.Saunders.

Karpovich, P. V. (n.d.). *Philosophy of muscular activity.* London: W.B. Saunders Co.

Lamb, G. S. (1982). Essentials of exercise physiology. Delhi: Surjeet Publication.

Moorthy, A. M. (2014). *Anatomy physiology and health education.*Karaikudi: Madalayam

Publications.

Morehouse, L. E. & Miller, J. (1967). *Physiology of exercise*. St. Louis: The C.V. Mosby Co.

Pearce, E. C. (1962). *Anatomy and physiology for nurses.* London: Faber & Faber Ltd.

Sharma, R. D. (1979). *Health and physical education,* Gupta Prakashan.

Singh, S. (1979). *Anatomy of physiology and health education*. Ropar: Jeet Publications.

**BPEd 102 - ANATOMY AND PHYSIOLOGY.**

**CO-PO Mapping Matrix**

|  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| CO | PO1 | PO2 | PO3 | PO4 | PO5 | PO6 | PO7 | PO8 | PO9 |
| BPED 102.1 | 3 | 3 | 3 | 3 | 1 | 3 | 3 | 1 | 3 |
| BPED 102.2 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 |
| BPED 102.3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 |
| BPED 102.4 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 |
| **Average** | 3 | 3 | 3 | 3 | 2.50 | 3 | 3 | 2.50 | 3 |

**CO-PSO Mapping Matrix**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| CO | PSO 1 | PSO 2 | PSO 3 | PSO 4 | PSO 5 |
| BPED 102.1 | 2 | 3 | 3 | 3 | 3 |
| BPED 102.2 | 2 | 3 | 3 | 3 | 3 |
| BPED 102.3 | 2 | 3 | 3 | 3 | 3 |
| BPED 102.4 | 2 | 3 | 3 | 3 | 3 |
| **Average** | 2 | 3 | 3 | 3 | 3 |

**CO-PO-PSO Mapping Matrix**

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| CO | PO1 | PO2 | PO3 | PO4 | PO5 | PO6 | PO7 | PO8 | PO9 | PSO 1 | PSO 2 | PSO 3 | PSO 4 | PSO 5 |
| BPED 102.1 | 3 | 3 | 3 | 3 | 1 | 3 | 3 | 1 | 3 | 2 | 3 | 3 | 3 | 3 |
| BPED 102.2 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 2 | 3 | 3 | 3 | 3 |
| BPED 102.3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 2 | 3 | 3 | 3 | 3 |
| BPED 102.4 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 2 | 3 | 3 | 3 | 3 |
| **Average** | 3 | 3 | 3 | 3 | 2.50 | 3 | 3 | 2.50 | 3 | 2 | 3 | 3 | 3 | 3 |

**BPEd - 103 HEALTH EDUCATION AND ENVIRONMENTAL STUDIES.**

**Time : Three Hours Total Marks : 100 (Theory Marks: 80 + Internal Assessment :20)**

**Credits= 4**

***Note:*** *Paper setter will be required to set 2 questions from each Unit – I, II, III & IV. Unit–V consists of 10 questions of short answers distributed from all over the syllabus. The candidates will be required to attempt one question from each Unit – I, II, III & IV carrying 15 marks for each question. Whereas, Unit - V will be compulsory for all consisting 2 marks of each short answer.*

**Course outcomes: -**

After completing the course contents of this course, the students will be able to: -

**BPEd 103.1** acquire knowledge about health, health education and aim, objective, principles of health education, Health Service and guidance instruction in personal hygiene.

**BPEd 103.2** learn about communicable and non-communicable diseases, obesity, balanced diet, health services and role of health education in schools.

**BPEd 103.3** understand about need and importance of environmental studies, waste management, role of school in environmental conservation and sustainable development.

**BPEd 103.4** gain knowledge about Water, Food and Land resources, effects and control measures of Air Pollution, Water Pollution, Soil Pollution, Noise Pollution, Thermal Pollution and role of pollution control board.

**SYLLABUS**

**Unit – I Health Education**

1. Meaning, Concept and Dimensions of Health.
2. Definition of Health, Health Education, Health Instruction and Health Supervision
3. Aim, objective and principles of Health Education
4. First- aid and emergency care
5. Health Service and guidance instruction in personal hygiene.

**Unit – II Health Problems in India**

1. Meaning and description of Communicable and Non-Communicable Diseases.
2. Meaning of Obesity and Malnutrition, Basic concept of Balance Diet.
3. Objective of school health service, Role of health education in schools.
4. Health Services – Care of skin, Nails, Eye health service, Nutritional service and Health record.
5. Healthful school environment

**Unit – III Environmental Science**

1. Definition, Need and Importance of environmental studies.
2. Concept of environmental education, Historical background of environmental education,
3. Celebration of various days in relation with environment.
4. Waste Management: Different types of waste materials and their management.
5. Role of school in environmental conservation and sustainable development.

**Unit – IV Natural Resources and related environmental issues**

1. Meaning and Conservation of Water resources, food resources and Land resources.
2. Definition, effects and control measures of Air Pollution, Water Pollution, Soil Pollution, Noise Pollution and Thermal Pollution,
3. Govt. policies for Management of environment, Role of pollution control board.

**References:**

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*Centers for Disease Control & Prevention. (2007). National Health Education Standards. Retrieved May 1, 2009.*

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*Frank, H. &Walter, H., (1976). Turners school health education. Saint Louis: The C.V.*

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*McKenzie, J., Neiger, B., Thackeray, R. (2009). Health education can also be seen as preventive medicine (Marcus 2012). Health Education and Health Promotion. Planning, Implementing, & Evaluating Health Promotion Programs. (pp. 3-4). 5th edition. San Francisco, CA: Pearson Education, Inc.*

*Nemir, A. (n.d.). The school health education. New York:Harber and Brothers.*

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**BPEd 103 - HEALTH EDUCATION AND ENVIRONMENTAL STUDIES.**

**CO-PO Mapping Matrix**

|  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| CO | PO1 | PO2 | PO3 | PO4 | PO5 | PO6 | PO7 | PO8 | PO9 |
| BPED 103.1 | 3 | 3 | 3 | 3 | 3 | 1 | 3 | 1 | 3 |
| BPED 103.2 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 |
| BPED 103.3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 |
| BPED 103.4 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 |
| **Average** | 3 | 3 | 3 | 3 | 3 | 2.50 | 3 | 2.50 | 3 |

**CO-PSO Mapping Matrix**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| CO | PSO 1 | PSO 2 | PSO 3 | PSO 4 | PSO 5 |
| BPED 103.1 | 3 | 3 | 3 | 3 | 3 |
| BPED 103.2 | 3 | 3 | 3 | 3 | 3 |
| BPED 103.3 | 3 | 3 | 3 | 3 | 3 |
| BPED 103.4 | 3 | 3 | 3 | 3 | 3 |
| **Average** | 3 | 3 | 3 | 3 | 3 |

**CO-PO-PSO Mapping Matrix**

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| CO | PO1 | PO2 | PO3 | PO4 | PO5 | PO6 | PO7 | PO8 | PO9 | PSO 1 | PSO 2 | PSO 3 | PSO 4 | PSO 5 |
| BPED 103.1 | 3 | 3 | 3 | 3 | 3 | 1 | 3 | 1 | 3 | 3 | 3 | 3 | 3 | 3 |
| BPED 103.2 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 |
| BPED 103.3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 |
| BPED 103.4 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 |
| **Average** | 3 | 3 | 3 | 3 | 3 | 2.50 | 3 | 2.50 | 3 | 3 | 3 | 3 | 3 | 3 |

**BPEd - 104 OFFICIATING AND COACHING**

**Time: Three Hours Total Marks: 100 (Theory Marks: 80 + Internal Assessment :20)**

**Credits= 4**

***Note:*** *Paper setter will be required to set 2 questions from each Unit – I, II, III & IV. Unit–V consists of 10 questions of short answers distributed from all over the syllabus. The candidates will be required to attempt one question from each Unit – I, II, III & IV carrying 15 marks for each question. Whereas, Unit - V will be compulsory for all consisting 2 marks of each short answer.*

**Course outcomes: -**

After completing the course contents of this course, the students will be able to: -

**BPEd 104.1** understand the meaning, concept, importance, principles of officiating and coaching, Relation of official and coach with management, players and spectators.

**BPEd 104.2** gain knowledge of duties and responsibilities of a coach, philosophy and ethics of coaching.

**BPEd 104.3** understand about duties of official, philosophies, mechanics and ethics of officiating.

**BPEd 104.4** gain knowledge about academic and professional qualifications of a coach and an official, eligibility rule of inter-school and school national and method of taking sanction and bill preparation for Traveling and Dearness Allowances for various Competitions.

**SYLLABUS**

**Unit- I: Introduction of Officiating and coaching**

1. Meaning, concept and importance of officiating and coaching.
2. Principles of officiating.
3. Principles of Coaching.
4. Relation of official and coach with management, players and spectators.
5. Measures of improving the standards of officiating and coaching.

**Unit- II: Coach as a Mentor**

1. Duties of coach in general, pre, during and post-game.
2. Philosophy of coaching.
3. Responsibilities of a coach on and off the field.
4. Coach as role model for young players.
5. Ethics of coaching.

**Unit- III: Duties of Official**

1. Duties of official in general, pre, during and post-game.
2. Philosophy of officiating
3. Mechanics of officiating – position, singles and movement during officiating.
4. Use of latest technology in the officiating of various games.
5. Ethics of officiating

**Unit- IV: Qualifications of Coach and Official**

1. Academic and professional qualification of a coach for various levels.
2. Academic and professional qualification of an official for various levels.
3. Eligibility rules of Inter-School and School National.
4. Traveling and Dearness Allowances rules for Inter-School and School National.
5. Method of taking sanction and bill preparation for Traveling and Dearness Allowances for various Competitions.

**Reference Books:**

Bunn, J. W. (1968). *The art of officiating sports*. Englewood cliffs N.J. Prentice Hall.

Bunn, J. W. (1972). *Scientific principles of coaching.* Englewood cliffs N. J. Prentice Hall.

Dyson, G. H. (1963). *The mechanics of athletics*. London: University of London Press Ltd.

Dyson, G. H. (1963). *The mechanics of Athletics*. London: University of London Press Ltd.

Lawther, J.D. (1965). *Psychology of coaching.* New York: Pre. Hall.

Singer, R. N. (1972). *Coaching, athletic & psychology*.New York: M.C. Graw Hill.

**BPEd 104 - OFFICIATING AND COACHING.**

**CO-PO Mapping Matrix**

|  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| CO | PO1 | PO2 | PO3 | PO4 | PO5 | PO6 | PO7 | PO8 | PO9 |
| BPED 104.1 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 |
| BPED 104.2 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 |
| BPED 104.3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 |
| BPED 104.4 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 |
| **Average** | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 |

**CO-PSO Mapping Matrix**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| CO | PSO 1 | PSO 2 | PSO 3 | PSO 4 | PSO 5 |
| BPED 104.1 | 2 | 3 | 3 | 3 | 3 |
| BPED 104.2 | 3 | 3 | 3 | 3 | 3 |
| BPED 104.3 | 3 | 3 | 3 | 3 | 3 |
| BPED 104.4 | 3 | 3 | 3 | 3 | 3 |
| **Average** | 2.75 | 3 | 3 | 3 | 3 |

**CO-PO-PSO Mapping Matrix**

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| CO | PO1 | PO2 | PO3 | PO4 | PO5 | PO6 | PO7 | PO8 | PO9 | PSO 1 | PSO 2 | PSO 3 | PSO 4 | PSO 5 |
| BPED 104.1 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 2 | 3 | 3 | 3 | 3 |
| BPED 104.2 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 |
| BPED 104.3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 |
| BPED 104.4 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 |
| **Average** | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 2.75 | 3 | 3 | 3 | 3 |

**Part – B**

**Practical Courses**

**Semester – 1st**

**B.P.Ed. –105: Athletics (Track Events)**

**Marks - 100**

**(Credits= 2.5)**

**Course Outcomes: -**

After completing the course contents of this course, the students will be able to: -

**BPEd 105.1** use and demonstrate the Starting techniques.

**BPEd 105.2** demonstrate he Finishing techniques.

**BPEd 105.3** acquire the practical knowledge of baton exchange in relay races.

**BPEd 105.4** acquire knowledge of track markings and its various rules.

**SYLLABUS**

**Track Events**

I Teaching ability of Starting techniques (Marks - 20)

ii. Teaching ability of Finishing Techniques (Marks - 10)

iii. Teaching ability of Baton Exchange (Marks - 10)

iv. Interpretation of various rules of Track Events (Marks - 10)

v. Marking of Track 400m and 200m. (Marks - 50)

Note: Candidate have to take at least 5 teaching lessons of various techniques.

**BPEd 105 - Athletics (Track Events)**

**CO-PO Mapping Matrix**

|  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| CO | PO1 | PO2 | PO3 | PO4 | PO5 | PO6 | PO7 | PO8 | PO9 |
| BPED 105.1 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 |
| BPED 105.2 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 |
| BPED 105.3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 |
| BPED 105.4 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 |
| **Average** | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 |

**CO-PSO Mapping Matrix**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| CO | PSO 1 | PSO 2 | PSO 3 | PSO 4 | PSO 5 |
| BPED 105.1 | 3 | 3 | 3 | 3 | 3 |
| BPED 105.2 | 3 | 3 | 3 | 3 | 3 |
| BPED 105.3 | 3 | 3 | 3 | 3 | 3 |
| BPED 105.4 | 3 | 3 | 3 | 3 | 3 |
| **Average** | 3 | 3 | 3 | 3 | 3 |

**CO-PO-PSO Mapping Matrix**

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| CO | PO1 | PO2 | PO3 | PO4 | PO5 | PO6 | PO7 | PO8 | PO9 | PSO 1 | PSO 2 | PSO 3 | PSO 4 | PSO 5 |
| BPED 105.1 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 |
| BPED 105.2 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 |
| BPED 105.3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 |
| BPED 105.4 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 |
| **Average** | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 |

**B.P.Ed. –106: Basketball & Kabaddi**

**Marks - 100**

**(Credits= 2.5)**

**i) Basketball Marks – 50**

**ii) Kabaddi Marks – 50**

**Course Outcomes: -**

After completing the course contents of this course, the students will be able to: -

**BPEd 106.1** Acquire practical knowledge & experience of marking of Kabaddi and Basketball court.

**BPEd 106.2** Apply and demonstrate basic skills of Kabaddi and Basketball.

**BPEd 106.3** Interpret various rules of Kabaddi & Basketball.

**BPEd 106.4**  Fill score sheets of Kabaddi and Basketball & use officiating symbols.

**SYLLABUS**

**i) Basketball Marks - 50**

1. Marking of Basketball Court (Marks - 20)

2. Teaching ability of various basic skills of Basketball (Marks - 20)

3. Interpretation of Various rules of Basketball (Marks - 10)

**ii) Kabaddi Marks – 50**

1. Marking of kabaddi Court (Marks - 20)

2. Teaching Ability of various basic skills of kabaddi (Marks - 20)

3. Interpretation of Various rules of kabaddi (Marks - 10)

Note: Candidate have to take at least 5 teaching lessons of each game.

**BPEd 106 - Basketball & Kabaddi.**

**CO-PO Mapping Matrix**

|  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| CO | PO1 | PO2 | PO3 | PO4 | PO5 | PO6 | PO7 | PO8 | PO9 |
| BPED 106.1 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 |
| BPED 106.2 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 |
| BPED 106.3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 |
| BPED 106.4 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 |
| **Average** | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 |

**CO-PSO Mapping Matrix**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| CO | PSO 1 | PSO 2 | PSO 3 | PSO 4 | PSO 5 |
| BPED 106.1 | 3 | 3 | 3 | 3 | 3 |
| BPED 106.2 | 3 | 3 | 3 | 3 | 3 |
| BPED 106.3 | 3 | 3 | 3 | 3 | 3 |
| BPED 106.4 | 3 | 3 | 3 | 3 | 3 |
| **Average** | 3 | 3 | 3 | 3 | 3 |

**CO-PO-PSO Mapping Matrix**

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| CO | PO1 | PO2 | PO3 | PO4 | PO5 | PO6 | PO7 | PO8 | PO9 | PSO 1 | PSO 2 | PSO 3 | PSO 4 | PSO 5 |
| BPED 106.1 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 |
| BPED 106.2 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 |
| BPED 106.3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 |
| BPED 106.4 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 |
| **Average** | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 |

**B.P.Ed. –107: Football & Kho-Kho.**

**Marks - 100**

**(Credits= 2.5)**

**i) Football Marks - 50**

**ii) Kho – Kho Marks - 50**

**Course Outcomes: -**

After completing the course contents of this course, the students will be able to: -

**BPEd 107.1** have practical knowledge & experience of marking of Kho-Kho and Football ground.

**BPEd 107.2** demonstrate basic skills of Football & Kho-Kho.

**BPEd 107.3** interpret various rules of Football & Kho-Kho.

**BPEd 107.4** fill score sheets of these games & able to use officiating symbols.

**SYLLABUS**

**i) Football Marks - 50**

1. Marking of Football Ground (Marks - 20)

2. Teaching ability of various basic skills of Football (Marks - 20)

3. Interpretation of Various rules of Football (Marks - 10)

**ii) Kho - Kho**

**Marks - 50**

1. Marking of kho - Kho Court (Marks - 20)

2. Teaching Ability of various basic skills of kho - Kho (Marks - 20)

3. Interpretation of Various rules of kho - Kho (Marks - 10)

**Note: Candidate have to take at least 5 teaching lessons of each game.**

**BPEd 107 - Football & Kho-Kho.**

**CO-PO Mapping Matrix**

|  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| CO | PO1 | PO2 | PO3 | PO4 | PO5 | PO6 | PO7 | PO8 | PO9 |
| BPED 107.1 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 |
| BPED 107.2 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 |
| BPED 107.3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 |
| BPED 107.4 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 |
| **Average** | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 |

**CO-PSO Mapping Matrix**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| CO | PSO 1 | PSO 2 | PSO 3 | PSO 4 | PSO 5 |
| BPED 107.1 | 3 | 3 | 3 | 3 | 3 |
| BPED 107.2 | 3 | 3 | 3 | 3 | 3 |
| BPED 107.3 | 3 | 3 | 3 | 3 | 3 |
| BPED 107.4 | 3 | 3 | 3 | 3 | 3 |
| **Average** | 3 | 3 | 3 | 3 | 3 |

**CO-PO-PSO Mapping Matrix**

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| CO | PO1 | PO2 | PO3 | PO4 | PO5 | PO6 | PO7 | PO8 | PO9 | PSO 1 | PSO 2 | PSO 3 | PSO 4 | PSO 5 |
| BPED 107.1 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 |
| BPED 107.2 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 |
| BPED 107.3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 |
| BPED 107.4 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 |
| **Average** | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 |

**B.P.Ed. –108: Anatomy,Physiology and Health Education.**

**Marks - 100**

**(Credits= 2.5)**

**Course outcomes: -**

After completing the course contents of this course, the students will be able to: -

**BPEd 108.1** understand about bones of Human Body and peak expiratory flow measurement.

**BPEd 108.2** gain knowledge of Body Mass Index (BMI).

**BPEd 108.3** understand about measurement of blood pressure and different strengths.

**BPEd 108.4** gain knowledge about First Aid.

**SYLLABUS**

i. Name and location of various bones of Human Body (Marks - 10)

ii. Measurement of peak expiratory flow and its interpretation (Marks - 10)

iii. Measurement of BMI and its interpretation (Marks - 20)

iv. Measurement of Leg, back and grip strength (Marks - 20)

v. Measurement of Blood Pressure (Marks - 10)

vi. First Aid for various conditions and articles of first aid box (Marks - 30)

**BPEd 108 - Anatomy,Physiology and Health Education.**

**CO-PO Mapping Matrix**

|  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| CO | PO1 | PO2 | PO3 | PO4 | PO5 | PO6 | PO7 | PO8 | PO9 |
| BPED 108.1 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 |
| BPED 108.2 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 |
| BPED 108.3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 |
| BPED 108.4 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 |
| **Average** | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 |

**CO-PSO Mapping Matrix**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| CO | PSO 1 | PSO 2 | PSO 3 | PSO 4 | PSO 5 |
| BPED 108.1 | 3 | 3 | 3 | 3 | 3 |
| BPED 108.2 | 3 | 3 | 3 | 3 | 3 |
| BPED 108.3 | 3 | 3 | 3 | 3 | 3 |
| BPED 108.4 | 3 | 3 | 3 | 3 | 3 |
| **Average** | 3 | 3 | 3 | 3 | 3 |

**CO-PO-PSO Mapping Matrix**

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| CO | PO1 | PO2 | PO3 | PO4 | PO5 | PO6 | PO7 | PO8 | PO9 | PSO 1 | PSO 2 | PSO 3 | PSO 4 | PSO 5 |
| BPED 108.1 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 |
| BPED 108.2 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 |
| BPED 108.3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 |
| BPED 108.4 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 |
| **Average** | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 |

**Semester – II**

**Theory Courses**

**BPEd - 201 YOGA EDUCATION**

**Time : Three Hours Total Marks : 100 (Theory Marks: 80 + Internal Assessment :20)**

**Credits= 4**

***Note:*** *Paper setter will be required to set 2 questions from each Unit – I, II, III & IV. Unit–V consists of 10 questions of short answers distributed from all over the syllabus. The candidates will be required to attempt one question from each Unit – I, II, III & IV carrying 15 marks for each question. Whereas, Unit - V will be compulsory for all consisting 2 marks of each short answer.*

**Course outcomes: -**

After completing the course contents of this course, the students will be able to: -

**BPED 201.1** understand the meaning, historical background, aim, objective, yoga sutra, need and importance of yoga .

**BPED 201.2** know about Ashtang yoga and yoga in Bhagvadgita.

**BPED 201.3** understand Meaning of Asanas, Pranayamas, and their effects on human body systems.

**BPED 201.4** knowledge about Bandhas, Kriyas, Mudras, their types and different yoga center in India & Overseas.

**SYLLABUS**

**Unit – I: Introduction**

1. Meaning and Definition of Yoga
2. Historical background Yoga
3. Aims and Objectives of Yoga
4. The Yoga Sutra: General Consideration
5. Need and Importance of Yoga in Modern Society
6. Misconceptions about Yoga

**Unit - II: Foundation of Yoga**

1. The Astanga Yoga: Yama, Niyama, Asana, Pranayama, Pratyahara, Dharana, Dhyana and Samadhi
2. Yoga in the Bhagavadgita - Karma Yoga, Raja Yoga, Jnana Yoga and Bhakti Yoga

**Unit - III Asanas and Paranayam**

1. Meaning of Asanas and Paranayam, Different Types of Paranayams.
2. Effect of Asanas and Paranayam on Respiratory, Circulatory, Digestive, Endocrine and Muscular system.
3. Classification of asanas with special reference to physical education and sports.
4. Influences of meditative posture on various system of the body.

**Unit – IV Yoga Education**

1. Types of Bandhas and Mudras
2. Type of kriyas
3. Difference between yogic practices and physical exercises
4. Yoga education centers in India and abroad

**References:**

Brown, F. Y.(2000). *How to use yoga*. Delhi:Sports Publication.

Gharote, M. L. &Ganguly, H. (1988). *Teaching methods for yogic practices*.Lonawala:

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Shankar,G.(1998). *Holistic approach of yoga.* New Delhi:Aditya Publishers.

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**BPEd 201 - YOGA EDUCATION.**

**CO-PO Mapping Matrix**

|  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| CO | PO1 | PO2 | PO3 | PO4 | PO5 | PO6 | PO7 | PO8 | PO9 |
| BPED 201.1 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 |
| BPED 201.2 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 |
| BPED 201.3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 |
| BPED 201.4 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 |
| **Average** | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 |

**CO-PSO Mapping Matrix**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| CO | PSO 1 | PSO 2 | PSO 3 | PSO 4 | PSO 5 |
| BPED 201.1 | 2 | 3 | 3 | 3 | 3 |
| BPED 201.2 | 2 | 3 | 3 | 3 | 3 |
| BPED 201.3 | 2 | 3 | 3 | 3 | 3 |
| BPED 201.4 | 2 | 3 | 3 | 3 | 3 |
| **Average** | 2 | 3 | 3 | 3 | 3 |

**CO-PO-PSO Mapping Matrix**

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| CO | PO1 | PO2 | PO3 | PO4 | PO5 | PO6 | PO7 | PO8 | PO9 | PSO 1 | PSO 2 | PSO 3 | PSO 4 | PSO 5 |
| BPED 201.1 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 2 | 3 | 3 | 3 | 3 |
| BPED 201.2 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 2 | 3 | 3 | 3 | 3 |
| BPED 201.3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 2 | 3 | 3 | 3 | 3 |
| BPED 201.4 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 2 | 3 | 3 | 3 | 3 |
| **Average** | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 2 | 3 | 3 | 3 | 3 |

**BPEd - 202 COMPUTER APPLICATIONS IN PHYSICAL EDUCATION**

**Time : Three Hours Total Marks : 100 (Theory Marks: 80 + Internal Assessment :20)**

**Credits= 4**

***Note:*** *Paper setter will be required to set 2 questions from each Unit – I, II, III & IV. Unit–V consists of 10 questions of short answers distributed from all over the syllabus. The candidates will be required to attempt one question from each Unit – I, II, III & IV carrying 15 marks for each question. Whereas, Unit - V will be compulsory for all consisting 2 marks of each short answer.*

**Course outcomes: -**

After completing the course contents of this course, the students will be able to: -

**BPED 202.1** enhance knowledge about information & technology, use of computer in Physical education &Application software used in Physical Education and sports.

**BPED 202.1** apply knowledge of MS Word , its feature and tools

**BPED 202.3** enhance knowledge about MS Excel, its feature and tools

**BPED 202.4** gain knowledge about MS Power point presentation & processes of preparing a power point presentation (PPT)

**SYLLABUS**

**Unit – I: Introduction to Computer.**

1. Meaning, need and importance of information and communication technology (ICT).
2. Application of Computers in Physical Education
3. Components of computer: input and output device
4. Application software used in Physical Education and sports

**Unit – II: MS Word.**

1. Introduction to MS Word
2. Creating, saving and opening a document
3. Formatting, page setup, paragraph alignment, spelling and grammar check, printing option, inserting: page number, graph, footnote and notes.
4. Drawing table, inserting row and column, deleting row and column

**Unit – III: MS Excel.**

1. Introduction to MS Excel
2. Inserting data in to excel sheet
3. Creating, saving and opening worksheet
4. Preparing bar Diagrams
5. Format and editing features adjusting columns width and row height understanding charts.

**Unit – IV: MS Power Point.**

1. Introduction to MS Power Point
2. Creating, saving and opening a ppt. file
3. Format and editing features: design, inserting slide number, picture, graph and table.
4. Stating slide show, Animations in the slides show
5. Preparation of Power point presentations

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**BPEd 202 - COMPUTER APPLICATIONS IN PHYSICAL EDUCATION.**

**CO-PO Mapping Matrix**

|  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| CO | PO1 | PO2 | PO3 | PO4 | PO5 | PO6 | PO7 | PO8 | PO9 |
| BPED 202.1 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 |
| BPED 202.2 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 |
| BPED 202.3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 |
| BPED 202.4 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 |
| **Average** | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 |

**CO-PSO Mapping Matrix**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| CO | PSO 1 | PSO 2 | PSO 3 | PSO 4 | PSO 5 |
| BPED 202.1 | 3 | 3 | 2 | 3 | 3 |
| BPED 202.2 | 3 | 1 | 2 | 3 | 3 |
| BPED 202.3 | 3 | 1 | 2 | 3 | 3 |
| BPED 202.4 | 3 | 3 | 2 | 3 | 3 |
| **Average** | 3 | 2 | 2 | 3 | 3 |

**CO-PO-PSO Mapping Matrix**

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| CO | PO1 | PO2 | PO3 | PO4 | PO5 | PO6 | PO7 | PO8 | PO9 | PSO 1 | PSO 2 | PSO 3 | PSO 4 | PSO 5 |
| BPED 202.1 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 2 | 3 | 3 |
| BPED 202.2 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 1 | 2 | 3 | 3 |
| BPED 202.3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 1 | 2 | 3 | 3 |
| BPED 202.4 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 2 | 3 | 3 |
| **Average** | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 2 | 2 | 3 | 3 |

**BPEd - 203 SPORTS PSYCHOLOGY AND SOCIOLOGY**

**Time : Three Hours Total Marks : 100 (Theory Marks: 80 + Internal Assessment :20)**

**Credits= 4**

***Note:*** *Paper setter will be required to set 2 questions from each Unit – I, II, III & IV. Unit–V consists of 10 questions of short answers distributed from all over the syllabus. The candidates will be required to attempt one question from each Unit – I, II, III & IV carrying 15 marks for each question. Whereas, Unit - V will be compulsory for all consisting 2 marks of each short answer.*

**Course outcomes: -**

After completing the course contents of this course, the students will be able to: -

**BPED 203.1** enhance knowledge of meaning, Importance and scope of Educational and Sports Psychology its Stages of growth and development Heredity and environment and Nature, theories and Laws of learning.

**BPED 203.2** acquire knowledge of personality, motivation, anxiety & their effects on sports performances.

**BPED 203.3** understand meaning of Orthodoxy, Customs, Tradition, socialization and their relation with Physical Education.

**BPED 203.4** know the meaning, importance and effect of Culture and Types & Theories of leadership.

**SYLLABUS**

**Unit -I: Introduction**

1. Meaning, Importance and scope of Educational and Sports Psychology.
2. General characteristics of Various Stages of growth and development.
3. Types and nature of individual differences; Factors responsible – Heredity and environment
4. Nature of learning, theories of learning and Laws of learning.

**Unit-II: Sports Psychology**

1. Meaning and definition of personality, dimensions of personality and Effect of Personality on the Sports performance
2. Meaning and definition of motivation, Factors influencing motivation in sports and techniques of motivation in sports.
3. Meaning and definition of anxiety and effect of anxiety on sports performance.

**Unit-III: Relation between Social Science and Physical Education**.

1. Meaning of Orthodoxy, Customs and Tradition, their relation with Physical Education.
2. Concept of Socialization through Physical Education
3. Meaning of Group Dynamics, Structure of Group, Social Group life, Primary group and Remote group.
4. Meaning of Cohesion and development of team Cohesion.

**Unit-IV Culture and Leadership**

1. Meaning and definition of culture.
2. Features and Importance of culture.
3. Meaning and definition of leadership.
4. Effects of culture on people life style and sports.
5. Types of leadership.

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**BPEd 203 - SPORTS PSYCHOLOGY AND SOCIOLOGY.**

**CO-PO Mapping Matrix**

|  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| CO | PO1 | PO2 | PO3 | PO4 | PO5 | PO6 | PO7 | PO8 | PO9 |
| BPED 203.1 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 |
| BPED 203.2 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 |
| BPED 203.3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 |
| BPED 203.4 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 |
| **Average** | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 |

**CO-PSO Mapping Matrix**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| CO | PSO 1 | PSO 2 | PSO 3 | PSO 4 | PSO 5 |
| BPED 203.1 | 3 | 3 | 1 | 3 | 3 |
| BPED 203.2 | 3 | 3 | 3 | 3 | 3 |
| BPED 203.3 | 3 | 3 | 3 | 3 | 3 |
| BPED 203.4 | 3 | 3 | 3 | 3 | 3 |
| **Average** | 3 | 3 | 2.5 | 3 | 3 |

**CO-PO-PSO Mapping Matrix**

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| CO | PO1 | PO2 | PO3 | PO4 | PO5 | PO6 | PO7 | PO8 | PO9 | PSO 1 | PSO 2 | PSO 3 | PSO 4 | PSO 5 |
| BPED 203.1 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 1 | 3 | 3 |
| BPED 203.2 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 |
| BPED 203.3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 |
| BPED 203.4 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 |
| **Average** | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 2.5 | 3 | 3 |

**BPEd - 204 CONTEMPORARY ISSUES IN PHYSICAL FITNESS, WELLNESS AND AWARENESS.**

**Time: Three Hours Total Marks: 100 (Theory Marks: 80 + Internal Assessment :20)**

**Credits= 4**

***Note:*** *Paper setter will be required to set 2 questions from each Unit – I, II, III & IV. Unit–V consists of 10 questions of short answers distributed from all over the syllabus. The candidates will be required to attempt one question from each Unit – I, II, III & IV carrying 15 marks for each question. Whereas, Unit - V will be compulsory for all consisting 2 marks of each short answer.*

**Course outcomes: -**

After completing the course contents of this course, the students will be able to: -

**BPED 204.1** understand the meaning, aim, objectives importance and scope of fitness and wellness and physical education and its relevance in inter disciplinary context.

**BPED 204.2** enhance knowledge about types, principle, factors and components of fitness & wellness.

**BPED 204.3** know the aerobic and anaerobic, isometric, isotonic and isokinetic exercise and heart rate zones for various aerobic and anaerobic exercise intensities.

**BPED 204.4** apply and demonstrate knowledge of Health and safety, Medical considerations for exercise and sports injuries.

**SYLLABUS**

**Unit – I Concept of Physical Education and Fitness**

1. Definition, Aims and Objectives of Physical Education, fitness and Wellness
2. Importance and Scope of fitness and wellness
3. Modern concept of Physical fitness and Wellness
4. Physical Education and its Relevance in Inter Disciplinary Context.

**Unit – II Fitness, Wellness and Lifestyle**

1. Fitness – Types of Fitness and Components of Fitness
2. Understanding of Wellness: Body Wellness, Mind Wellness and Spiritual Wellness.
3. Ethics of Wellness Coaching
4. Principles and factors of fitness and wellness

**Unit – III Principles of Exercise Program**

1. Means of Fitness development – aerobic and anaerobic exercises
2. Exercises and Heart rate Zones for various aerobic and anaerobic exercise intensities
3. Various isometric, isotonic and isokinetic exercise for various major muscle groups: Hamstring, Quadriceps, Deltoid, Latissimus Dorsi and Pictorials Major.
4. Concept of free weight Vs Machine, Sets and Repetition etc.

**Unit – IV Safety Education and Fitness Promotion**

1. Health and Safety in Daily Life
2. Medical Considerations for exercise
3. Common sports Injuries and their Management
4. Modern Life Style and Hypo-kinetic Disease –Prevention and Management

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**BPEd 204 - CONTEMPORARY ISSUES IN PHYSICAL FITNESS, WELLNESS AND AWARENESS**

**CO-PO Mapping Matrix**

|  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| CO | PO1 | PO2 | PO3 | PO4 | PO5 | PO6 | PO7 | PO8 | PO9 |
| BPED 204.1 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 |
| BPED 204.2 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 |
| BPED 204.3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 |
| BPED 204.4 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 |
| **Average** | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 |

**CO-PSO Mapping Matrix**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| CO | PSO 1 | PSO 2 | PSO 3 | PSO 4 | PSO 5 |
| BPED 204.1 | 3 | 3 | 3 | 3 | 3 |
| BPED 204.2 | 3 | 3 | 3 | 3 | 3 |
| BPED 204.3 | 3 | 3 | 3 | 3 | 3 |
| BPED 204.4 | 3 | 3 | 3 | 3 | 3 |
| **Average** | 3 | 3 | 3 | 3 | 3 |

**CO-PO-PSO Mapping Matrix**

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| CO | PO1 | PO2 | PO3 | PO4 | PO5 | PO6 | PO7 | PO8 | PO9 | PSO 1 | PSO 2 | PSO 3 | PSO 4 | PSO 5 |
| BPED 204.1 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 |
| BPED 204.2 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 |
| BPED 204.3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 |
| BPED 204.4 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 |
| **Average** | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 |

**Part – B**

**Practical Courses**

**Semester – II**

**B.P.Ed. –205: Athletics (Throwing Events)**

**Marks – 100**

**Credits=2.5**

**Course Outcomes: -**

After completing the course contents of this course, the students will be able to: -

**BPEd 205.1** mark the Shot Put, Discus & Javelin Throwing Sectors.

**BPEd 205.2** demonstrate the Shot-Put techniques (standing & Parry O’ Brien Technique).

**BPEd 205.3** apply and demonstrate Javelin Throw techniques.

**BPEd 205.4** interpret various rules of Throwing events

**SYLLABUS**

**Throwing Events**

i. Marking of Short Put, Discus and Javelin throw Sector (Marks - 30)

ii. Teaching ability of Short Put Techniques (Marks - 20)

(Standing and Parry O'brien Technique)

iii. Teaching ability of Discus Throw Technique (Marks - 20)

iv. Teaching ability of Javelin Throw Technique (Marks - 20)

v. Interpretation of various rules of Throwing Events (Marks - 10)

(Short Put, Discus and Javelin throw)

Note: Candidate have to take at least 5 teaching lessons of Throwing Events.

**BPEd 205 - Athletics (Throwing Events)**

**CO-PO Mapping Matrix**

|  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| CO | PO1 | PO2 | PO3 | PO4 | PO5 | PO6 | PO7 | PO8 | PO9 |
| BPED 205.1 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 |
| BPED 205.2 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 |
| BPED 205.3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 |
| BPED 205.4 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 |
| **Average** | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 |

**CO-PSO Mapping Matrix**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| CO | PSO 1 | PSO 2 | PSO 3 | PSO 4 | PSO 5 |
| BPED 205.1 | 3 | 3 | 3 | 3 | 3 |
| BPED 205.2 | 3 | 3 | 3 | 3 | 3 |
| BPED 205.3 | 3 | 3 | 3 | 3 | 3 |
| BPED 205.4 | 3 | 3 | 3 | 3 | 3 |
| **Average** | 3 | 3 | 3 | 3 | 3 |

**CO-PO-PSO Mapping Matrix**

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| CO | PO1 | PO2 | PO3 | PO4 | PO5 | PO6 | PO7 | PO8 | PO9 | PSO 1 | PSO 2 | PSO 3 | PSO 4 | PSO 5 |
| BPED 205.1 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 |
| BPED 205.2 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 |
| BPED 205.3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 |
| BPED 205.4 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 |
| **Average** | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 |

**BPEd–206: (Volleyball &Yoga) (Credits= 2.5) Marks – 100**

**i) Volleyball Marks - 50**

**ii) Yoga Marks – 50**

**Course Outcomes: -**

After completing the course contents of this course, the students will be able to: -

**BPEd 206.1** mark the Volleyball Court.

**BPEd 206.2** demonstrate basic skills of volleyball and interpret the rules.

**BPEd 206.3** acquire knowledge& understanding of teaching precaution while performing yogic activities

**BPEd 206.4** gain Knowledge about effects of various Asanas and Pranayama on Body.

**SYLLABUS**

**i) Volleyball Marks - 50**

1. Marking of Volleyball Court (Marks - 20)

2. Teaching ability of various basic skills of Volleyball (Marks - 20)

3. Interpretation of Various rules of Volleyball (Marks - 10)

**ii) Yoga Marks - 50**

**Asana (Marks - 40) Paranayam (Marks - 10)**

1. Shirsh Asana 1. Ujjai

2. Vipratakarani 2. Bhastrika

3. Hal Asana 3. Shitali

4. Bhujang Asana. 4. Sitkari

5. Ardh-Shalbh Asana. 5. Bhramri

6. Vakra Asana

7. ArdhaMatasyaendrasana

8. Paschimottan Asana

9. Vajra Asana

10. Supta Vajra Asana

11. Yoga Mudra

12. Nauka Asana

13. Bak Asana

14. Mayur Asana

15. Ustra Asana

16. Vriksh Asana

17. Padma Asana

18. Trikon Asana

19. Sarvang Asana

20. Surya Namaskar

**Note: Students are required to do any 10 of above mentioned Asanas and two Pranayama**

Note: Candidate have to take at least 5 teaching lessons of each Volleyball and Yoga.

**BPEd 206 - (Volleyball & Yoga)**

**CO-PO Mapping Matrix**

|  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| CO | PO1 | PO2 | PO3 | PO4 | PO5 | PO6 | PO7 | PO8 | PO9 |
| BPED 206.1 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 |
| BPED 206.2 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 |
| BPED 206.3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 |
| BPED 206.4 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 |
| **Average** | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 |

**CO-PSO Mapping Matrix**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| CO | PSO 1 | PSO 2 | PSO 3 | PSO 4 | PSO 5 |
| BPED 206.1 | 3 | 3 | 3 | 3 | 3 |
| BPED 206.2 | 3 | 3 | 3 | 3 | 3 |
| BPED 206.3 | 3 | 3 | 3 | 3 | 3 |
| BPED 206.4 | 3 | 3 | 3 | 3 | 3 |
| **Average** | 3 | 3 | 3 | 3 | 3 |

**CO-PO-PSO Mapping Matrix**

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| CO | PO1 | PO2 | PO3 | PO4 | PO5 | PO6 | PO7 | PO8 | PO9 | PSO 1 | PSO 2 | PSO 3 | PSO 4 | PSO 5 |
| BPED 206.1 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 |
| BPED 206.2 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 |
| BPED 206.3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 |
| BPED 206.4 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 |
| **Average** | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 |

**BPEd – 207: (Handball &Gymnastics) (Credits= 2.5) Marks-100**

**Course Outcomes: -**

After completing the course contents of this course, the students will be able to: -

**BPEd 207.1** mark the Handball court

**BPEd 207.2** acquire knowledge about Gymnastic apparatus and its uses.

**BPEd 207.3** demonstrate teaching abilities of basic skills of handball & Gymnastics.

**BPEd 207.4** interpret various rules of handball & Gymnastics.

**i) Handball Marks-50**

1. Marking of Handball Ground (Marks-20)

2. Teaching ability of various basic skills of Handball (Marks-20)

3. Interpretation of Various rules of Handball (Marks-10)

**ii) Gymnastics Marks-50**

1. Dimensions of various Gymnastics apparatus (Marks-20)

2. Teaching Ability of various basic skills of Gymnastics (Marks-20)

***(****Gymnastics should be chalked out internally considering advance level of students and suitable to their age and gender****)***

3. Interpretation of Various rules of Gymnastic**s** (Marks-10)

**Note: Candidate have to take at least 5 teaching lessons of each game.**

**BPEd 207 - (Handball & Gymnastics).**

**CO-PO Mapping Matrix**

|  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| CO | PO1 | PO2 | PO3 | PO4 | PO5 | PO6 | PO7 | PO8 | PO9 |
| BPED 207.1 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 |
| BPED 207.2 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 |
| BPED 207.3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 |
| BPED 207.4 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 |
| **Average** | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 |

**CO-PSO Mapping Matrix**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| CO | PSO 1 | PSO 2 | PSO 3 | PSO 4 | PSO 5 |
| BPED 207.1 | 3 | 3 | 3 | 3 | 3 |
| BPED 207.2 | 3 | 3 | 3 | 3 | 3 |
| BPED 207.3 | 3 | 3 | 3 | 3 | 3 |
| BPED 207.4 | 3 | 3 | 3 | 3 | 3 |
| **Average** | 3 | 3 | 3 | 3 | 3 |

**CO-PO-PSO Mapping Matrix**

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| CO | PO1 | PO2 | PO3 | PO4 | PO5 | PO6 | PO7 | PO8 | PO9 | PSO 1 | PSO 2 | PSO 3 | PSO 4 | PSO 5 |
| BPED 207.1 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 |
| BPED 207.2 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 |
| BPED 207.3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 |
| BPED 207.4 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 |
| **Average** | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 |

**BPEd - 208: Computer Application, Rehabilitation & Sports Psychology. (Credits= 2.5) Marks-100**

**Course Outcomes: -**

After completing the course contents of this course, the students will be able to: -

**BPEd 208.1** enhance the Operational knowledge of MS Word, MS Excel,

**BPEd 208.2** use MS Power point

**BPEd 208.3** acquire knowledge of identification and rehabilitation of various types of sports injuries.

**BPEd 208.4** assess Reaction time, Anticipation, Hand-Eye co-ordination, Motivation and Anxiety.

**SYLLABUS**

i. Operating of MS Word, MS Excel & MS Power Point (Marks-40)

ii. Identification and rehabilitation of various types of sports injuries (Marks-20)

iii. Assessment of reaction time, anticipation and Hand Eye co-ordination (Marks-20)

iv. Assessment of Motivation and Anxiety. (Marks-20)

**BPEd 208 - Computer Application, Rehabilitation & Sports Psychology.**

**CO-PO Mapping Matrix**

|  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| CO | PO1 | PO2 | PO3 | PO4 | PO5 | PO6 | PO7 | PO8 | PO9 |
| BPED 208.1 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 |
| BPED 208.2 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 |
| BPED 208.3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 |
| BPED 208.4 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 |
| **Average** | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 |

**CO-PSO Mapping Matrix**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| CO | PSO 1 | PSO 2 | PSO 3 | PSO 4 | PSO 5 |
| BPED 208.1 | 3 | 2 | 2 | 3 | 3 |
| BPED 208.2 | 2 | 3 | 3 | 3 | 3 |
| BPED 208.3 | 2 | 3 | 3 | 3 | 3 |
| BPED 208.4 | 3 | 3 | 3 | 3 | 3 |
| **Average** | 2.5 | 2.75 | 2.75 | 3 | 3 |

**CO-PO-PSO Mapping Matrix**

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| CO | PO1 | PO2 | PO3 | PO4 | PO5 | PO6 | PO7 | PO8 | PO9 | PSO 1 | PSO 2 | PSO 3 | PSO 4 | PSO 5 |
| BPED 208.1 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 2 | 2 | 3 | 3 |
| BPED 208.2 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 2 | 3 | 3 | 3 | 3 |
| BPED 208.3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 2 | 3 | 3 | 3 | 3 |
| BPED 208.4 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 |
| **Average** | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 2.5 | 2.75 | 2.75 | 3 | 3 |

**BPEd - 209 – FUNDAMENTALS OF YOGA.**

**Time: Two Hours Total Marks: 50 (Theory Marks: 40 + Internal Assessment: 10)**

**Credits= 2**

***Note:*** *Paper setter will be required to set 2 questions from each Unit – I, II, III & IV. Unit–V consists of 10 questions of short answers distributed from all over the syllabus. The candidates will be required to attempt one question from each Unit – I, II, III & IV carrying 15 marks for each question. Whereas, Unit - V will be compulsory for all consisting 2 marks of each short answer.*

**Course outcomes: -**

After completing the course contents of this course, the students will be able to: -

**BPEd 209.1** acquire knowledge of yoga, yoga sutra, stress and disease management through yoga.

**BPEd 209.2** apply and demonstrate elements of Ashtanga yoga & effect of Asanas & Pranayama on human body.

**Unit – I: Introduction of Yoga**

* 1. Meaning, Definitions and concept of Yoga
  2. The Yoga Sutra: General Considerations
  3. Misconceptions about Yoga
  4. Stress management through Yoga
  5. Disease management through Yoga: Hyper tension, Diabetes and Asthma
  6. Difference between yogic practices and physical exercises

**Unit - II: Foundations of Yoga**

* 1. Astanga Yoga – Meaning and Parts: Yama, Niyama, Asana, Pranayama, Pratyahara,
  2. Meaning and types of Asanas and Pranayama
  3. Effect of Asanas on Respiratory, Circulatory, Digestive, Endocrine and Muscular system.
  4. Effect of Pranayama on Respiratory, Circulatory, Digestive, Endocrine and Muscular system.

**References:**

Brown, F. Y.(2000). *How to use yoga*. Delhi:Sports Publication.

Gharote, M. L. &Ganguly, H. (1988). *Teaching methods for yogic practices*.Lonawala:

Kaixydahmoe.

Rajjan, S. M. (1985). *Yoga strengthening of relexation for sports man.* New Delhi:Allied

Publishers.

Shankar,G.(1998). *Holistic approach of yoga.* New Delhi:Aditya Publishers.

Shekar,K. C. (2003). *Yoga for health*. Delhi: Khel Sahitya Kendra

**BPEd 209 - FUNDAMENTALS OF YOGA.**

**CO-PO Mapping Matrix**

|  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| CO | PO1 | PO2 | PO3 | PO4 | PO5 | PO6 | PO7 | PO8 | PO9 |
| BPED 209.1 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 |
| BPED 209.2 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 |
| **Average** | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 |

**CO-PSO Mapping Matrix**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| CO | PSO 1 | PSO 2 | PSO 3 | PSO 4 | PSO 5 |
| BPED 209.1 | 3 | 3 | 3 | 3 | 3 |
| BPED 209.2 | 3 | 3 | 3 | 3 | 3 |
| **Average** | 3 | 3 | 3 | 3 | 3 |

**CO-PO-PSO Mapping Matrix**

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| CO | PO1 | PO2 | PO3 | PO4 | PO5 | PO6 | PO7 | PO8 | PO9 | PSO 1 | PSO 2 | PSO 3 | PSO 4 | PSO 5 |
| BPED 209.1 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 |
| BPED 209.2 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 |
| **Average** | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 |

**Semester – III**

**Theory Courses**

**B.P.Ed - 301 SPORTS TRAINING.**

**Time: Three Hours Total Marks : 100 (Theory Marks: 80 + Internal Assessment :20)**

**Credits= 4**

***Note:*** *Paper setter will be required to set 2 questions from each Unit – I, II, III & IV. Unit–V consists of 10 questions of short answers distributed from all over the syllabus. The candidates will be required to attempt one question from each Unit – I, II, III & IV carrying 15 marks for each question. Whereas, Unit - V will be compulsory for all consisting 2 marks of each short answer.*

**Course Outcomes: -**

After completing the course contents of this course, the students will be able to: -

**BPED 301.1** understand the meaning, aim, objectives, principal and system of sports training &Intensity, Frequency, Density and Volume in sports training.

**BPED 301.2** enhance the Mean, types and development methods of strength, speed, endurance, coordination, and flexibility.

**BPED 301.3** provide knowledge about types, factors, principle of training load, describe technical & tactical training.

**BPED 301.4** acquire mean, aim of periodization, content of periods and Talent Identification & Development.

**SYLLABUS**

**Unit – I Introduction to Sports Training**

1. Meaning, Importance and Definition of Sports Training
2. Aim and Objectives of Sports Training
3. Characteristics of Sports Training.
4. Principles of Sports Training.
5. Talent Identification and Development.

**Unit – II Motor fitness Components**

1. Strength And Speed – Meaning, types, and factors affecting them.
2. Methods of Strength and Speed development.
3. Endurance –Meaning, types, factors affecting it and methods of Endurance Development.
4. Flexibility – Meaning, types, factors affecting it and Methods of Flexibility Development
5. Coordinative Abilities – Meaning, types and Methods of Coordinative Ability Development

**Unit – III Training load, Technical and Tactical training.**

1. **Training Load**- Meaning, Definitions and Types of Training Load
2. Functions of training load
3. Factors affecting training load
4. Training load Components (Volume, Intensity, Phyical exercise and Movement quality).
5. **Technical & Tactical Training:** Meaning and methods of Technical and Tactical training.

**Unit – IV Training Plans and Periodization.**

1. **Training Plans:** Meaning and types (Macro, Meso, Micro and Training session plan).
2. Principles of Formulation of Training plans.
3. **Periodization** – Meaning and types of Periodization.
4. Aim and Content of Periods – Preparatory, Competition and Transitional periods.
5. Factors affecting duration of Preparatory, Competition and Transitional periods.

**Reference:**

Dick, W. F. (1980). *Sports training principles.*London: Lepus Books.

Harre, D.(1982).*Principles of sports training.*Berlin: Sporulated.

Jensen, R. C.& Fisher, A.G. (1979). *Scientific basis of athletic conditioning*. Philadelphia:

Lea and Fibiger, 2ndEdn.

Matvyew, L.P. (1981).*Fundamental of sports training.* Moscow: Progress Publishers.

Singh, H. (1984).*Sports training, general theory and methods*.Patials: NSNIS.

Uppal, A.K., (1999).*SportsTraining.*New Delhi: Friends Publication

**BPEd 301 - SPORTS TRAINING.**

**CO-PO Mapping Matrix**

|  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| CO | PO1 | PO2 | PO3 | PO4 | PO5 | PO6 | PO7 | PO8 | PO9 |
| BPED 301.1 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 |
| BPED 301.2 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 |
| BPED 301.3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 |
| BPED 301.4 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 |
| **Average** | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 |

**CO-PSO Mapping Matrix**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| CO | PSO 1 | PSO 2 | PSO 3 | PSO 4 | PSO 5 |
| BPED 301.1 | 3 | 3 | 3 | 3 | 3 |
| BPED 301.2 | 3 | 3 | 3 | 3 | 3 |
| BPED 301.3 | 3 | 3 | 3 | 3 | 3 |
| BPED 301.4 | 3 | 3 | 3 | 3 | 3 |
| **Average** | 3 | 3 | 3 | 3 | 3 |

**CO-PO-PSO Mapping Matrix**

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| CO | PO1 | PO2 | PO3 | PO4 | PO5 | PO6 | PO7 | PO8 | PO9 | PSO 1 | PSO 2 | PSO 3 | PSO 4 | PSO 5 |
| BPED 301.1 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 |
| BPED 301.2 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 |
| BPED 301.3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 |
| BPED 301.4 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 |
| **Average** | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 |

**BPEd - 302 EDUCATION TECHNOLOGY AND METHODS OF TEACHING IN PHYSICAL EDUCATION.**

**Time : Three Hours Total Marks : 100 (Theory Marks: 80 + Internal Assessment :20)**

**Credits= 4**

***Note:*** *Paper setter will be required to set 2 questions from each Unit – I, II, III & IV. Unit–V consists of 10 questions of short answers distributed from all over the syllabus. The candidates will be required to attempt one question from each Unit – I, II, III & IV carrying 15 marks for each question. Whereas, Unit - V will be compulsory for all consisting 2 marks of each short answer.*

**Course Outcomes: -**

After completing the course contents of this course, the students will be able to: -

**BPEd 302.1** understand the meaning, definition of education technology, types of education and Importance of Devices and Methods of Teaching.

**BPEd 302.2** know the teaching technique, teaching procedure and Command- Meaning, Types and its uses in different situations.

**BPEd 302.3** acquire the meaning, importance and criteria for selecting teaching aids, team teaching and Difference between Teaching Methods and Teaching Aid.

**BPEd 302.4** understand Meaning, Type and principles of lesson plan and mean, types and steps of micro and simulation teaching.

**SYLLABUS**

**Unit – I Introduction of Education and Education Technology**

1. Meaning and Definitions of Educational technology
2. Types of Education- Formal, Informal and Non- Formal Education.
3. Educative Process
4. Importance of Devices and Methods of Teaching.

**Unit – II Teaching Technique**

1. Teaching Technique – Lecture method, Command method, Demonstration method, Imitation method, project method etc.
2. Teaching Procedure – Whole method, whole – part – whole method, part – whole method.
3. Presentation Technique–Personal and technical preparation
4. Command- Meaning, Types and its uses in different situations.

**Unit – III Teaching Aids**

1. Teaching Aids–Meaning, Importance and its criteria for selecting teaching aids.
2. Teaching Aids – Meaning and use of Audio aids, Visual aids, Audio – visual aids, Verbal,
3. Chalk board, Charts, Model, Slide projector, Motion picture etc in sports.
4. Team Teaching–Meaning, Principles and advantage of team teaching.
5. Difference between Teaching Methods and Teaching Aid.

**Unit – IV Lesson Planning and Teaching Innovations.**

1. Lesson Planning–Meaning, Type and principles of lesson plan.
2. General and specific lesson plan.
3. Micro Teaching–Meaning, Types and steps of micro teaching.
4. Simulation Teaching - Meaning, Types and steps of simulation teaching.

**References:**

*Irtegov, D. (2004). Operating system fundamentals. Firewall Media.*

*Marilyn, M.& Roberta, B.(n.d.).Computers in your future. 2nd edition, India: Prentice Hall.*

*Milke, M.(2007). Absolute beginner’s guide to computer basics. Pearson Education Asia.*

*Sinha, P. K. & Sinha, P. (n.d.).Computer fundamentals. 4th edition, BPB Publication.*

*Bailey, R., Armour, K., Kirk, D., Jess, M., Pickup, I., Sandford, R., et al.*

*(2009). Theeducationalbenefit claimed for PE and school sport: An*

*academic review. Research Papers in Education.*

*Mangal, S. K.; Mangal, Uma (2009). Essentials of Educational Technology. New Delhi: PHI Learning Pvt. Ltd. p.*

*Al Januszewski A.; Molenda Michael. (2007) Educational Technology: A Definition with Commentary.*

*J. Bransford; A. Brown; R. R. Cocking, eds. (2000). "Technology to support learning". How people learn: Brain, mind, experience. Washington, DC: National Academies Press. pp. 206–230.*

**BPEd 302 - EDUCATION TECHNOLOGY AND METHODS OF TEACHING IN PHYSICAL EDUCATION.**

**CO-PO Mapping Matrix**

|  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| CO | PO1 | PO2 | PO3 | PO4 | PO5 | PO6 | PO7 | PO8 | PO9 |
| BPED 302.1 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 |
| BPED 302.2 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 |
| BPED 302.3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 |
| BPED 302.4 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 |
| **Average** | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 |

**CO-PSO Mapping Matrix**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| CO | PSO 1 | PSO 2 | PSO 3 | PSO 4 | PSO 5 |
| BPED 302.1 | 3 | 2 | 2 | 3 | 3 |
| BPED 302.2 | 3 | 2 | 3 | 3 | 3 |
| BPED 302.3 | 3 | 3 | 2 | 3 | 3 |
| BPED 302.4 | 3 | 3 | 3 | 3 | 3 |
| **Average** | 3 | 2.5 | 2.5 | 3 | 3 |

**CO-PO-PSO Mapping Matrix**

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| CO | PO1 | PO2 | PO3 | PO4 | PO5 | PO6 | PO7 | PO8 | PO9 | PSO 1 | PSO 2 | PSO 3 | PSO 4 | PSO 5 |
| BPED 302.1 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 2 | 2 | 3 | 3 |
| BPED 302.2 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 2 | 3 | 3 | 3 |
| BPED 302.3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 2 | 3 | 3 |
| BPED 302.4 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 |
| **Average** | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 2.5 | 2.5 | 3 | 3 |

**BPED -303: ORGANZATION AND ADMINISTRATION IN PHYSICAL EDUCATION.**

**Time : Three Hours Total Marks : 100 (Theory Marks: 80 + Internal Assessment :20)**

**Credits= 4**

***Note:*** *Paper setter will be required to set 2 questions from each Unit – I, II, III & IV. Unit–V consists of 10 questions of short answers distributed from all over the syllabus. The candidates will be required to attempt one question from each Unit – I, II, III & IV carrying 15 marks for each question. Whereas, Unit - V will be compulsory for all consisting 2 marks of each short answer.*

**Course Outcomes: -**

After completing the course contents of this course, the students will be able to: -

**BPEd 303.1** understand the meaning, structure, principle, and importance of organizations and administration and meaning, importance and principles of Program Learning.

**BPEd 303.2** interpret, meaning, definition, types and functions of office management, record, sports notice and types of register using in sports record.

**BPEd 303.3** utilize the meaning, types and importance of equipments with care and maintenance and meaning, need and factor of time table.

**BPEd 303.4** recognize meaning, types and importance of tournaments and technical terms used in drawing fixtures.

**SYLLABUS**

**Unit – I: Organization and administration**

i. Meaning and importance of Organization and Administration in physical education

ii. Qualifications and Responsibilities of Physical Education teacher and pupil leader

iii. Principles of Organization and Administration.

iv. Program planning: Meaning, Importance and Principles of program planning in physical

education.

v. Organizational structure at different levels.

**Unit- II: Office Management, Record, Register & Sports Notice**

i. Office Management: Meaning, definition, functions and kinds of office management

ii. Records and Registers: Maintenance of different types of registers: attendance, stock, cash,

physical efficiency record and Medical examination Record.

iii. Meaning of sports notice, Method of writing various types sports notices in school.

iv. Method of write-off for the sports material

**Unit-III: Facilities, & Time-Table Management**

i. Meaning and Importance of Equipments and Facilities.

ii. Equipment: Care and Maintenance.

iii Types of facilities - indoor and outdoor.

iv. Care and maintenance of facilities – Building, Gymnasium, Swimming Pool, & Playgrounds.

v. Time Table Management: Meaning and Need, Factor affecting time table.

**Unit-IV: Competition Organization**

i. Tournament: Meaning and Importance.

ii. Types of Tournament - Knock-out Tournaments, League or

Round Robin Tournaments, Combination Tournament and Challenge Tournament.

iii Drawing fixtures of Knock-out Tournaments, League or Round Robin Tournaments, Combination Tournament and Challenge Tournament.

iv Technical terms used in Drawing Fixtures: Bye, Seeding, Point/Scoring, Draw/Lots, Deciding Quarters, Deciding Upper half and Lower Half, Method and Formula of Byes.

v. Organization structure of Athletic Meet.

**References:**

Broyles, F. J. &Rober, H. D. (1979). *Administration of sports, Athletic programme: A*

*Managerial Approach.* New York: Prentice hall Inc.

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Lolis: The C.V. Hosby Co.

Kozman, H.C. Cassidly, R. & Jackson, C. (1960).*Methods in Physical Education*. London:

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Pandy, L.K. (1977). *Methods in Physical Education.*Delhe: Metropolitan Book Depo.

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Gyanodayal Press.

Tirunarayanan, C. &Hariharan, S. (1969). *Methods in Physical Education.* Karaikudi: South India Press.

Voltmer, E. F. &Esslinger, A. A. (1979).*The organization and administration of Physical*

*Education.* New York: Prentice Hall Inc

**BPEd 303 - ORGANZATION AND ADMINISTRATION IN PHYSICAL EDUCATION.**

**CO-PO Mapping Matrix**

|  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| CO | PO1 | PO2 | PO3 | PO4 | PO5 | PO6 | PO7 | PO8 | PO9 |
| BPED 303.1 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 |
| BPED 303.2 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 |
| BPED 303.3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 |
| BPED 303.4 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 |
| **Average** | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 |

**CO-PSO Mapping Matrix**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| CO | PSO 1 | PSO 2 | PSO 3 | PSO 4 | PSO 5 |
| BPED 303.1 | 3 | 3 | 3 | 3 | 3 |
| BPED 303.2 | 3 | 2 | 2 | 3 | 3 |
| BPED 303.3 | 3 | 2 | 3 | 3 | 3 |
| BPED 303.4 | 3 | 3 | 2 | 3 | 3 |
| **Average** | 3 | 2.5 | 2.5 | 3 | 3 |

**CO-PO-PSO Mapping Matrix**

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| CO | PO1 | PO2 | PO3 | PO4 | PO5 | PO6 | PO7 | PO8 | PO9 | PSO 1 | PSO 2 | PSO 3 | PSO 4 | PSO 5 |
| BPED 303.1 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 |
| BPED 303.2 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 2 | 2 | 3 | 3 |
| BPED 303.3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 2 | 3 | 3 | 3 |
| BPED 303.4 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 2 | 3 | 3 |
| **Average** | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 2.5 | 2.5 | 3 | 3 |

**BPED – 304: SPORTS NUTRITION.**

**Time : Three Hours Total Marks : 100 (Theory Marks: 80 + Internal Assessment :20)**

**Credits= 4**

***Note:*** *Paper setter will be required to set 2 questions from each Unit – I, II, III & IV. Unit–V consists of 10 questions of short answers distributed from all over the syllabus. The candidates will be required to attempt one question from each Unit – I, II, III & IV carrying 15 marks for each question. Whereas, Unit - V will be compulsory for all consisting 2 marks of each short answer.*

**Course Outcomes: -**

After completing the course contents of this course, the students will be able to: -

**BPEd 304.1** understand the meaning, definition, role and factors affecting sports nutrition, Balanced diet, Calorie requirement for various ages, genders and profession.

**BPEd 304.2** know the meaning, classification and function of carbohydrates, protein, fat, vitamins and minerals, their requirement for sports person.

**BPEd 304.3** understand BMI, weight management, obesity, health risk with obesity, causes and solution for overcoming obesity.

**BPEd 304.4** enhance knowledge about daily calorie intake and expenditure, design diet plan and exercise schedule for weight gain, fat loss and weight management.

**SYLLABUS**

**Unit – I Introduction to Sports Nutrition**

1. Meaning and Definition of Sports Nutrition
2. Basic Nutrition guidelines
3. Role of nutrition in sports
4. Factor to consider for developing nutrition plan
5. Meaning of balance diet and calories, calories requirements for peoples of various ages, genders and profession.

**Unit – II Nutrients and their metabolism**

1. Carbohydrates: Meaning, classification, functions of carbohydratesduring exercise.
2. Protein:Meaning, classification, functions of Proteinduring exercise.
3. Fat: Meaning, classification, functions of Fat during exercise.
4. Carbohydrate, Protein and Fat daily requirementfor speed &endurance based workout.
5. Vitamins and Minerals, – Meaning, classification and function
6. Fluid and water balance in body at rest and during exercise.

**Unit – III Nutrition and Weight Management**

1. Weight management: Meaning and Factor affecting weight management.
2. BMI: (Body mass index) Meaning, BMI charts, BMI range and category.
3. Obesity: Meaning, Causes and its types.
4. Health Risks Associated with Obesity.
5. Solutions for overcoming Obesity.

**Unit – IV Planning for Weight Management**

1. Nutrition – Daily calorie intake and expenditure.
2. Design diet plan and exercise schedule for weight gain/muscle gain.
3. Design diet plan for fat loss.
4. Design exercise schedule for fat loss.
5. Design diet plan and exercise schedule for weight maintenance.

**References:**

Bessesen, D. H. (2008). Update on obesity. *J ClinEndocrinolMetab.93*(6), 2027-2034.

Butryn, M.L., Phelan, S., &Hill, J. O.(2007). Consistent self-monitoring of weight: a key

component of successful weight loss maintenance.*Obesity(Silver Spring)*. *15*(12), 3091-3096.

Chu, S.Y. & Kim, L. J. (2007). Maternal obesity and risk of stillbirth: a metaanalysis. *Am J*

*ObstetGynecol*, *197*(3), 223-228.

DeMaria, E. J. (*2007).* Bariatric surgery for morbid obesity. *N Engl J Med,356*(21), 2176-2183.

Dixon, J.B., O'Brien, P.E., Playfair, J. (n.d.). Adjustable gastric banding and conventional

therapy for type 2 diabetes: a randomized controlled trial. *JAMA. 299*(3), 316-323.

**BPEd 304 - SPORTS NUTRITION AND WEIGHT MANAGEMENT.**

**CO-PO Mapping Matrix**

|  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| CO | PO1 | PO2 | PO3 | PO4 | PO5 | PO6 | PO7 | PO8 | PO9 |
| BPED 304.1 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 |
| BPED 304.2 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 |
| BPED 304.3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 |
| BPED 304.4 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 |
| **Average** | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 |

**CO-PSO Mapping Matrix**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| CO | PSO 1 | PSO 2 | PSO 3 | PSO 4 | PSO 5 |
| BPED 304.1 | 3 | 3 | 3 | 3 | 3 |
| BPED 304.2 | 3 | 3 | 3 | 3 | 3 |
| BPED 304.3 | 3 | 3 | 3 | 3 | 3 |
| BPED 304.4 | 3 | 3 | 3 | 3 | 3 |
| **Average** | 3 | 3 | 3 | 3 | 3 |

**CO-PO-PSO Mapping Matrix**

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| CO | PO1 | PO2 | PO3 | PO4 | PO5 | PO6 | PO7 | PO8 | PO9 | PSO 1 | PSO 2 | PSO 3 | PSO 4 | PSO 5 |
| BPED 304.1 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 |
| BPED 304.2 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 |
| BPED 304.3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 |
| BPED 304.4 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 |
| **Average** | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 |

**(From Session 2020-2021)**

**Part – B**

**Practical Courses**

**Semester – 3rd**

**BPED– 305: Athletics: Jumping Events (Credits=2.5) Marks – 100**

**Course Outcomes: -**

After completing the course contents of this course, the students will be able to: -

**BPEd 305.1** mark long jump, & triple jump pit

**BPEd 305.2** mark & install high jump stand and bar

**BPEd 305.3** demonstrate techniques of long jump, high jump & triple jump.

**BPEd 305.4** interpret rules of long jump, high jump & triple jump.

**SYLLABUS**

1. Marking of Long jump, High Jump and Triple Jump (Marks - 30)
2. Teaching ability of Long jump Techniques (Marks - 20)
3. Teaching ability of High Jump Technique (Marks - 20)
4. Teaching ability of Triple Jump Technique (Marks - 20)
5. Interpretation of various rules of Jumping Events (Marks - 10)

(Long jump, High Jump and Triple Jump)

Note: Candidate have to take at least 5 teaching lessons of Jumping Events.

**BPEd 305 - Athletics: Jumping Events.**

**CO-PO Mapping Matrix**

|  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| CO | PO1 | PO2 | PO3 | PO4 | PO5 | PO6 | PO7 | PO8 | PO9 |
| BPED 305.1 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 |
| BPED 305.2 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 |
| BPED 305.3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 |
| BPED 305.4 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 |
| **Average** | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 |

**CO-PSO Mapping Matrix**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| CO | PSO 1 | PSO 2 | PSO 3 | PSO 4 | PSO 5 |
| BPED 305.1 | 3 | 3 | 3 | 3 | 3 |
| BPED 305.2 | 3 | 3 | 3 | 3 | 3 |
| BPED 305.3 | 3 | 3 | 3 | 3 | 3 |
| BPED 305.4 | 3 | 3 | 3 | 3 | 3 |
| **Average** | 3 | 3 | 3 | 3 | 3 |

**CO-PO-PSO Mapping Matrix**

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| CO | PO1 | PO2 | PO3 | PO4 | PO5 | PO6 | PO7 | PO8 | PO9 | PSO 1 | PSO 2 | PSO 3 | PSO 4 | PSO 5 |
| BPED 305.1 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 |
| BPED 305.2 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 |
| BPED 305.3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 |
| BPED 305.4 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 |
| **Average** | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 |

**BPED – 306: (Cricket and Baseball/Softball)(Credits=2.5) Marks - 100**

**i) Cricket Marks – 50**

**ii) Baseball/Softball Marks – 50**

**Course Outcomes: -**

After completing the course contents of this course, the students will be able to: -

**BPEd 306.1** have practical knowledge & experience of marking cricket pitch and Baseball and Softball ground.

**BPEd 306.2** demonstrate of basic skills of cricket, Baseball & Softball.

**BPEd 306.3** interpret of various rules of cricket.

**BPEd 306.4** interpret of various rules of Baseball and Softball.

**SYLLABUS**

**i) Cricket Marks – 50**

(i) Marking of Cricket Ground (Marks - 20)

(ii) Teaching ability of various basic skills of Cricket (Marks - 20)

(iii) Interpretation of Various rules of Cricket (Marks - 10)

**ii) Baseball/Softball Marks - 50**

(i) Marking of Baseball/Softball (Marks - 20)

(ii) Teaching ability of various basic skills of Baseball/Softball (Marks - 20)

(iii) Interpretation of Various rules of Baseball/Softball (Marks - 10)

**BPEd 306 - (Cricket and Baseball/Softball).**

**CO-PO Mapping Matrix**

|  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| CO | PO1 | PO2 | PO3 | PO4 | PO5 | PO6 | PO7 | PO8 | PO9 |
| BPED 306.1 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 |
| BPED 306.2 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 |
| BPED 306.3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 |
| BPED 306.4 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 |
| **Average** | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 |

**CO-PSO Mapping Matrix**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| CO | PSO 1 | PSO 2 | PSO 3 | PSO 4 | PSO 5 |
| BPED 306.1 | 3 | 3 | 3 | 3 | 3 |
| BPED 306.2 | 3 | 3 | 3 | 3 | 3 |
| BPED 306.3 | 3 | 3 | 3 | 3 | 3 |
| BPED 306.4 | 3 | 3 | 3 | 3 | 3 |
| **Average** | 3 | 3 | 3 | 3 | 3 |

**CO-PO-PSO Mapping Matrix**

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| CO | PO1 | PO2 | PO3 | PO4 | PO5 | PO6 | PO7 | PO8 | PO9 | PSO 1 | PSO 2 | PSO 3 | PSO 4 | PSO 5 |
| BPED 306.1 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 |
| BPED 306.2 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 |
| BPED 306.3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 |
| BPED 306.4 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 |
| **Average** | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 |

**BPED – 307: Weight Training and Hockey (Credits=2.5) Marks - 100**

**i) Weight Training Marks - 50**

**ii) Hockey Marks - 50**

**Course Outcomes:-**

After completing the course contents of this course, the students will be able to: -

**BPEd 307.1** acquire knowledge of exercises for different muscle group of upper and lower extremities with weight.

**BPEd 307.2** apply and demonstrate exercises in different training zones like warming up and fat burning.

**BPEd 307.3** enhance practical aspects of marking Hockey ground.

**BPEd 307.4** apply and demonstrate various skills of Hockey and interpretation of rules.

**SYLLABUS**

**i) Weight Training Marks - 50**

1. Various exercise of Biceps, Triceps, Deltoid, Trapezius and latissimus dorsi (Marks - 20)
2. Various exercises of Hamstring, Quadriceps, Gastrocnemius, Adductor (Marks - 20)

and Gluteus muscles

1. Identifying various training zones on treadmill: Warming-up, fat burning, (Marks- 10)

Aerobic and anaerobic training

**ii) Hockey Marks - 50**

1. Marking of Hockey Ground (Marks - 20)
2. Teaching ability of various basic skills of Hockey (Marks - 20)
3. Interpretation of Various rules of Hockey (Marks - 10)

**BPEd 307 - Weight Training and Hockey.**

**CO-PO Mapping Matrix**

|  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| CO | PO1 | PO2 | PO3 | PO4 | PO5 | PO6 | PO7 | PO8 | PO9 |
| BPED 307.1 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 |
| BPED 307.2 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 |
| BPED 307.3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 |
| BPED 307.4 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 |
| **Average** | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 |

**CO-PSO Mapping Matrix**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| CO | PSO 1 | PSO 2 | PSO 3 | PSO 4 | PSO 5 |
| BPED 307.1 | 3 | 3 | 3 | 3 | 3 |
| BPED 307.2 | 3 | 3 | 3 | 3 | 3 |
| BPED 307.3 | 3 | 3 | 3 | 3 | 3 |
| BPED 307.4 | 3 | 3 | 3 | 3 | 3 |
| **Average** | 3 | 3 | 3 | 3 | 3 |

**CO-PO-PSO Mapping Matrix**

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| CO | PO1 | PO2 | PO3 | PO4 | PO5 | PO6 | PO7 | PO8 | PO9 | PSO 1 | PSO 2 | PSO 3 | PSO 4 | PSO 5 |
| BPED 307.1 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 |
| BPED 307.2 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 |
| BPED 307.3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 |
| BPED 307.4 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 |
| **Average** | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 |

**BPED – 308: Mass Display Activity (Free Hand)(Credits=2.5) Marks – 100**

**Course Outcomes: -**

After completing the course contents of this course, the students will be able to: -

**BPEd 308.1** enhance knowledge about different free hand exercise in standing position.

**BPEd 308.2** demonstrate different exercises in sitting position.

**BPEd 308.3** display different exercises in jumping and bending position.

**BPEd 308.4** use whistle, drum and verbal count as teaching aids in performing free hand exercises.

**SYLLABUS**

1. Various commands in free hand exercises. (Marks - 20)
2. Standing free hand exercise (with Whistle, Drum and Verbal count). (Marks - 20)
3. Sitting free hand exercise (with Whistle, Drum and Verbal count). (Marks - 20)
4. Jumping free hand exercise (with Whistle, Drum and Verbal count). (Marks - 20)
5. Bending free hand exercise (with Whistle, Drum and Verbal count). (Marks - 20)

**BPEd 308 - Mass Display Activity (Free Hand).**

**CO-PO Mapping Matrix**

|  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| CO | PO1 | PO2 | PO3 | PO4 | PO5 | PO6 | PO7 | PO8 | PO9 |
| BPED 308.1 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 |
| BPED 308.2 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 |
| BPED 308.3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 |
| BPED 308.4 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 |
| **Average** | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 |

**CO-PSO Mapping Matrix**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| CO | PSO 1 | PSO 2 | PSO 3 | PSO 4 | PSO 5 |
| BPED 308.1 | 3 | 3 | 3 | 3 | 3 |
| BPED 308.2 | 3 | 3 | 3 | 3 | 3 |
| BPED 308.3 | 3 | 3 | 3 | 3 | 3 |
| BPED 308.4 | 3 | 3 | 3 | 3 | 3 |
| **Average** | 3 | 3 | 3 | 3 | 3 |

**CO-PO-PSO Mapping Matrix**

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| CO | PO1 | PO2 | PO3 | PO4 | PO5 | PO6 | PO7 | PO8 | PO9 | PSO 1 | PSO 2 | PSO 3 | PSO 4 | PSO 5 |
| BPED 308.1 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 |
| BPED 308.2 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 |
| BPED 308.3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 |
| BPED 308.4 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 |
| **Average** | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 |

**BPEd - 309 –** **HEALTH AND NUTRITION.**

**Time: Two Hours Total Marks: 50 (Theory Marks: 40 + Internal Assessment: 10)**

**Credits= 2**

***Note:*** *Paper setter is required to set 2 questions from each Unit – I and II. Unit - III consists of 4 questions of short answers distributed from all over the syllabus. The candidates are required to attempt one question from each Unit – I and II carrying 16 marks for each question. Unit - III is compulsory for all consisting 2 marks of each short answer.*

**Course Outcomes: -**

After completing the course contents of this course, the students will be able to: -

**BPEd 309.1** acquire the knowledge about health education and first aid.

**BPEd 309.2** enhance knowledge about different nutrients, body mass index and calorie requirements.

**SYLLABUS**

**Unit – I Health Education**

1. Meaning and Dimensions of Health.
2. Aim and objective of Health Education
3. Principles of Health Education
4. Meaning and Principles of First- aid
5. First- aid for Burning, Drowning, Electric shock, Choking and Fractures
6. Modern Health Hazards

**Unit – II Nutrition**

1. Meaning of Nutrition and Nutrients
2. Meaning and causes of Malnutrition
3. Meaning, calculation and categorization of Body Mass Index(BMI)
4. Meaning and causes of Obesity
5. Meaning of calorie, calorie values of Carbohydrate, Fat and Proteins
6. Calories requirements for different age groups with respect to genders

**References:**

Bessesen, D. H. (2008). Update on obesity. *J ClinEndocrinolMetab.93*(6), 2027-2034.

Butryn, M.L., Phelan, S., &Hill, J. O.(2007). Consistent self-monitoring of weight: a key

component of successful weight loss maintenance.*Obesity(Silver Spring)*. *15*(12), 3091-3096.

Chu, S.Y. & Kim, L. J. (2007). Maternal obesity and risk of stillbirth: a metaanalysis. *Am J*

*ObstetGynecol*, *197*(3), 223-228.

DeMaria, E. J. (*2007).* Bariatric surgery for morbid obesity. *N Engl J Med,356*(21), 2176-2183.

Dixon, J.B., O'Brien, P.E., Playfair, J. (n.d.). Adjustable gastric banding and conventional

therapy for type 2 diabetes: a randomized controlled trial. *JAMA. 299*(3), 316-323.

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*Mosby Company.*

*Nemir, A. (n.d.). The school health education. New York:Harber and Brothers.*

*Odum, E.P. (1971). Fundamental of ecology. U.S.A.: W.B. Saunders Co.*

**BPEd 309 - HEALTH AND NUTRITION.**

**CO-PO Mapping Matrix**

|  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| CO | PO1 | PO2 | PO3 | PO4 | PO5 | PO6 | PO7 | PO8 | PO9 |
| BPED 309.1 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 |
| BPED 309.2 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 |
| **Average** | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 |

**CO-PSO Mapping Matrix**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| CO | PSO 1 | PSO 2 | PSO 3 | PSO 4 | PSO 5 |
| BPED 309.1 | 3 | 3 | 3 | 3 | 3 |
| BPED 309.2 | 3 | 3 | 3 | 3 | 3 |
| **Average** | 3 | 3 | 3 | 3 | 3 |

**CO-PO-PSO Mapping Matrix**

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| CO | PO1 | PO2 | PO3 | PO4 | PO5 | PO6 | PO7 | PO8 | PO9 | PSO 1 | PSO 2 | PSO 3 | PSO 4 | PSO 5 |
| BPED 309.1 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 |
| BPED 309.2 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 |
| **Average** | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 |

**Semester – IV**

**Theory Courses**

**BPED - 401** **OLYMPIC MOVEMENT.**

**Time: Three Hours Total Marks: 100 (Theory Marks: 80 + Internal Assessment :20)**

**Credits=4**

***Note:*** *Paper setter will be required to set 2 questions from each Unit – I, II, III & IV. Unit–V consists of 10 questions of short answers distributed from all over the syllabus. The candidates will be required to attempt one question from each Unit – I, II, III & IV carrying 15 marks for each question. Whereas, Unit - V will be compulsory for all consisting 2 marks of each short answer.*

**Course Outcomes: -**

After completing the course contents of this course, the students will be able to: -

**BPEd 401.1** acquire the knowledge of philosophy and early history of Olympic movement, stages and culture value of Ancient Olympic movement.

**BPEd 401.2** gain knowledge of revival, Olympic symbols, opening and closing ceremony, code of ethics of Olympic games.

**BPEd 401.3** enhance knowledge of symbols, history of Paralympics, Winter Olympics and Youth Olympics with their relation with other Olympics.

**BPEd 401.4** know the structure, function and role of International, National and Indian Olympic games and Olympic medal winner of India.

**SYLLABUS**

**Unit – I Origin of Olympic Movement**

1. Philosophy of Olympic movement
2. The early history of the Olympic movement
3. The significant stages in the development of the Ancient Olympic movement
4. Educational and cultural values of Ancient Olympic movement

**Unit – II Modern Olympic Games**

1. Revival of Olympic Games
2. Olympic Symbols: Motto, Rings, Flag, Medals, Flame, Torch Relay and Anthem
3. Opening ceremony, Closing ceremony, medal ceremony
4. Olympic Protocol for member countries
5. Olympic Code of Ethics

**Unit – III Different Olympic Games**

1. Paralympics Games: History and symbols. Its relation with other Olympics.
2. Winter Olympics: History and symbols. Its relation with other Olympics.
3. Youth Olympic Games: History and symbols. Its relation with other Olympics.

**Unit – IV Committees of Olympic Games**

1. International Olympic Committee - Structure and Functions
2. National Olympic committees and their role in Olympic movement
3. Indian Olympic Committee: Structure and functions
4. Olympic commission and their functions
5. Olympic medal winners of India.

**Reference:**

Bucher, C. A. (n.d.) Foundation of physical education. St. Louis: The C.V. Mosby Co.

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Physical education.

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William, J. F. (1964). The principles of physical education. Philadelphia: W.B. Saunders Co.

**BPEd 401 - OLYMPIC MOVEMENT.**

**CO-PO Mapping Matrix**

|  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| CO | PO1 | PO2 | PO3 | PO4 | PO5 | PO6 | PO7 | PO8 | PO9 |
| BPED 401.1 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 |
| BPED 401.2 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 |
| BPED 401.3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 |
| BPED 401.4 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 |
| **Average** | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 |

**CO-PSO Mapping Matrix**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| CO | PSO 1 | PSO 2 | PSO 3 | PSO 4 | PSO 5 |
| BPED 401.1 | 3 | 2 | 3 | 3 | 3 |
| BPED 401.2 | 3 | 3 | 2 | 3 | 3 |
| BPED 401.3 | 3 | 2 | 3 | 3 | 2 |
| BPED 401.4 | 3 | 3 | 2 | 3 | 2 |
| **Average** | 3 | 2.5 | 2.5 | 3 | 2.5 |

**CO-PO-PSO Mapping Matrix**

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| CO | PO1 | PO2 | PO3 | PO4 | PO5 | PO6 | PO7 | PO8 | PO9 | PSO 1 | PSO 2 | PSO 3 | PSO 4 | PSO 5 |
| BPED 401.1 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 2 | 3 | 3 | 3 |
| BPED 401.2 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 2 | 3 | 3 |
| BPED 401.3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 2 | 3 | 3 | 2 |
| BPED 401.4 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 2 | 3 | 2 |
| **Average** | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 2.5 | 2.5 | 3 | 2.5 |

**BPED - 402:** **CURRICULUM DESIGN.**

**Time : Three Hours Total Marks : 100 (Theory Marks: 80 + Internal Assessment :20)**

**Credits=4**

***Note:*** *Paper setter will be required to set 2 questions from each Unit – I, II, III & IV. Unit–V consists of 10 questions of short answers distributed from all over the syllabus. The candidates will be required to attempt one question from each Unit – I, II, III & IV carrying 15 marks for each question. Whereas, Unit - V will be compulsory for all consisting 2 marks of each short answer.*

**Course Outcomes: -**

After completing the course contents of this course, the students will be able to: -

**BPEd 402.1** acquire the knowledge of need, importance and factors affecting curriculum, importance and professional policies of curriculum development .

**BPEd 402.2** understand the basic guide line for curriculum construction: focalization socialization, individualization and steps in curriculum construction.

**BPEd 402.3** know the meaning, importance, principal and factors affecting curriculum design; role of teacher in curriculum planning.

**BPEd 402.4** enhance area of health and physical education, recreation and Professional Competencies for development.

**SYLLABUS**

**UNIT-I Modern concept of the curriculum**

1. Need and importance of curriculum, Need and importance of curriculum development, the role of the teacher in curriculum development.
2. Factors affecting curriculum - Social factors - Personnel qualifications – Climatic consideration - Equipment and facilities -Time suitability of hours.
3. National and Professional policies of curriculum development

**UNIT-II Basic Guide line for curriculum construction; contest (selection and expansion)**.

1. Focalization
2. Socialization
3. Individualization
4. Sequence and operation
5. Steps in curriculum construction.

**UNIT-III Curriculum-Old and new concepts, Mechanics of curriculum planning**.

1. Basic principles of curriculum construction.
2. Curriculum Design, Meaning, Importance and factors affecting curriculum design.
3. Principles of Curriculum design according to the needs of the students and state and

national level policies.

1. Role of Teachers in curriculum planning.

**UNIT-IV Under-graduate preparation of professional preparation.**

1. Areas of Health education, Physical education and Recreation.
2. Curriculum design-Experience of Education, Field and Laboratory.
3. Teaching practice.
4. Professional Competencies for developing - Facilities and special resources for library,

laboratory and other facilities.

**Reference:**

Barrow, H. M. (1983). *Man and movement: principles of physical education*. Philadelphia: Lea and Febiger.

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Cassidy, R. (1986). *Curriculum development in physical education*. New York: Harper & Company.

Cowell, C.C. & Hazelton, H.W. (1965). *Curriculum designs in physical education.* Englewood Cliffs: N.J. prentice Hall Inc.

Larson, L.A. (n.d.). *Curriculum foundation in physical education.* Englewood Cliffs: N.J. Prentice Hall Inc.

Underwood, G. L. (1983). *The physical education curriculum in secondary school: planning and implementation.* England: Taylor and Francis Ltd.

Willgoose, C.E. (1979). *Curriculum in physical education*. 3rd Ed. Englewood Cliffs.: N.J

**BPEd 402 –CURRICULUM DESIGN.**

**CO-PO Mapping Matrix**

|  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| CO | PO1 | PO2 | PO3 | PO4 | PO5 | PO6 | PO7 | PO8 | PO9 |
| BPED 402.1 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 |
| BPED 402.2 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 |
| BPED 402.3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 |
| BPED 402.4 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 |
| **Average** | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 |

**CO-PSO Mapping Matrix**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| CO | PSO 1 | PSO 2 | PSO 3 | PSO 4 | PSO 5 |
| BPED 402.1 | 3 | 3 | 3 | 3 | 3 |
| BPED 402.2 | 3 | 3 | 3 | 3 | 3 |
| BPED 402.3 | 3 | 3 | 3 | 3 | 3 |
| BPED 402.4 | 3 | 3 | 3 | 3 | 3 |
| **Average** | 3 | 3 | 3 | 3 | 3 |

**CO-PO-PSO Mapping Matrix**

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| CO | PO1 | PO2 | PO3 | PO4 | PO5 | PO6 | PO7 | PO8 | PO9 | PSO 1 | PSO 2 | PSO 3 | PSO 4 | PSO 5 |
| BPED 402.1 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 |
| BPED 402.2 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 |
| BPED 402.3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 |
| BPED 402.4 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 |
| **Average** | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 |

**BPED - 403** **SPORTS MANAGEMENT.**

**Time : Three Hours Total Marks : 100 (Theory Marks: 80 + Internal Assessment :20)**

**Credits=4**

***Note:*** *Paper setter will be required to set 2 questions from each Unit – I, II, III & IV. Unit–V consists of 10 questions of short answers distributed from all over the syllabus. The candidates will be required to attempt one question from each Unit – I, II, III & IV carrying 15 marks for each question. Whereas, Unit - V will be compulsory for all consisting 2 marks of each short answer.*

**Course Outcomes: -**

After completing the course contents of this course, the students will be able to: -

**BPED 403.1** acquire the meaning, definition, importance, aim, objective, principles, scope and factors affecting of sports management; Different types of formation in Class Management.

**BPED 403.2** know about the meaning, importance, salient features, factors effecting and Different types of formation in Class Management and Different types of classroom management.

**BPED 403.3** understand the meaning definition, method elements, forms and style of leadership; qualities and preparation of administrative leader.

**BPED 403.4** enhance the knowledge of meaning, definition, principles and steps of budget, purchasing policy for Sports Equipments and Principles.

**SYLLABUS**

**Unit-I Introduction to Sports Management.**

1. Meaning, Definition and Importance of Sports Management.
2. Aim and objectives of Sports Management in Physical Education.
3. The purpose and scope of Sports Management.
4. Basic Principles of Sports Management.
5. Factor effecting Sports Management.

**Unit-II Introduction to Class Management.**

1. Meaning and Importance of Class Management.
2. Factor effecting of Class Management.
3. Salient feature of Class Management.
4. Steps of good class management.
5. Different types of classroom management.
6. Different types of formation in Class Management.

**Unit-III Leadership.**

i. Meaning and Definition of leadership

ii. Leadership style and method.

iii. Elements of leadership.

iv. Forms of Leadership: Autocratic, Laissez-faire, Democratic and Benevolent Dictator

v. Qualities of administrative leader.

vi. Preparation of administrative leader.

**Unit-IV Budgeting.**

1. Budget: Meaning and Importance of Budget making.
2. Criteria of good budget and Principles of budgeting.
3. Steps of Budget making, Sources of Income and Expenditure.
4. Procedure of taking Approval/sanction of expenditures for sports activities.
5. Purchasing policy for Sports Equipments and Principles.

**REFERENCES:**

Ashton, D. (1968).*Administration of physical education for women*.New York: The Ronal Press Cl.Bucher, C.A. *Administration of physical education and athletic programme.* 7th Edition, St.

Louis: The C.V. Mosby Co.

Daughtrey, G. & Woods, J.B. (1976). *Physical education and intramural programmes,*

*organisation and administration.* Philadelphia U.S.A. : W.B. Sounders Cp.

Earl, F. Z,& Gary, W. B. (1963).*Management competency development in sports and physical education*. Philadelphia: W. Lea and Febiger.

**BPEd 403 - SPORTS MANAGEMENT.**

**CO-PO Mapping Matrix**

|  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| CO | PO1 | PO2 | PO3 | PO4 | PO5 | PO6 | PO7 | PO8 | PO9 |
| BPED 403.1 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 |
| BPED 403.2 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 |
| BPED 403.3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 |
| BPED 403.4 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 |
| **Average** | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 |

**CO-PSO Mapping Matrix**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| CO | PSO 1 | PSO 2 | PSO 3 | PSO 4 | PSO 5 |
| BPED 403.1 | 3 | 3 | 3 | 3 | 3 |
| BPED 403.2 | 3 | 3 | 3 | 3 | 3 |
| BPED 403.3 | 3 | 3 | 3 | 3 | 3 |
| BPED 403.4 | 3 | 3 | 3 | 3 | 3 |
| **Average** | 3 | 3 | 3 | 3 | 3 |

**CO-PO-PSO Mapping Matrix**

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| CO | PO1 | PO2 | PO3 | PO4 | PO5 | PO6 | PO7 | PO8 | PO9 | PSO 1 | PSO 2 | PSO 3 | PSO 4 | PSO 5 |
| BPED 403.1 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 |
| BPED 403.2 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 |
| BPED 403.3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 |
| BPED 403.4 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 |
| **Average** | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 |

**BPED – 404:** **SPORTS MEDICINE AND REHABILITATION.**

**Time: Three Hours Total Marks: 100 (Theory Marks: 80 + Internal Assessment :20)**

**Credits=4**

***Note:*** *Paper setter will be required to set 2 questions from each Unit – I, II, III & IV. Unit–V consists of 10 questions of short answers distributed from all over the syllabus. The candidates will be required to attempt one question from each Unit – I, II, III & IV carrying 15 marks for each question. Whereas, Unit - V will be compulsory for all consisting 2 marks of each short answer.*

**Course Outcomes: -**

After completing the course contents of this course, the students will be able to: -

**BPED 404.1** understand Meaning, Definition, Aims, Objectives, importance and concept of sports medicine, Need and Importance of the study of sports injuries in the field of Physical Education.

**BPED 404.2** know the definition, principles and importance of physiotherapy, Introduction and demonstration of treatments - Electrotherapy – infrared rays Ultraviolet rays –short wave diathermy – ultrasonic rays.

**BPED 404.3** gain knowledge about Cry therapy, Thermo therapy, Contrast Bath, Whirlpool Bath, Steam Bath, Sauna Bath and Hot Water Fomentation; history, classification and physiological effect of massage.

**BPED 404.4** understand the definition, scope, classification, principle and effect of therapeutic exercise and free mobility exercise of different joints.

**SYLLABUS**

**Unit-I: - Sports Medicine.**

* 1. Sports Medicine: Meaning, Definition, Aims and Objectives,
  2. Modern Concepts of Sports Medicine and Importance.
  3. Athletes Care and Rehabilitation: Contribution of Physical Education Teachers and Coaches.
  4. Need and Importance of the study of sports injuries in the field of Physical Education

**Unit-II: Physiotherapy.**

1. Definition – Guiding principles of physiotherapy
2. Importance of physiotherapy
3. Introduction and demonstration of treatments - Electrotherapy – infrared rays –

Ultraviolet rays –short wave diathermy – ultrasonic rays.

**Unit-III: Hydrotherapy.**

1. Introduction and treatments of Cry therapy, Thermo therapy, Contrast Bath, Whirlpool Bath – Steam Bath – Sauna Bath – Hot Water Fomentation
2. Massage: History of Massage – Classification of Manipulation (Swedish System) physiological Effect of Massage.

**Unit-IV: Therapeutic Exercise.**

1. Definition and Scope – Principles of Therapeutic Exercise
2. Classification, Effects and uses of Therapeutic exercise – passive Movements (Relaxed, Forced and passive -stretching) – active movements (concentric, Eccentric and static)
3. Application of the therapeutic exercise: Free Mobility Exercise – Shoulder, Elbow – Wrist and Finger Joints– Hips, Knee, ankle and Foot joints – Trunk. Head and Neck exercises.

**References:**

Christine, M. D., (1999). *Physiology of sports and exercise*.USA: Human Kinetics.

Conley, M. (2000). *Bioenergetics of exercise training*. In T.R. Baechle, & R.W. Earle, (Eds.),

Essentials of Strength Training and Conditioning (pp. 73-90). Champaign, IL: Human Kinetics.

David, R. M. (2005).*Drugs in sports,* (4th Ed). Routledge Taylor and Francis Group.

Hunter, M. D. (1979). A *dictionary for physical educators.* In H. M. Borrow & R. McGee,

(Eds.), A Practical approach to measurement in Physical Education (pp. 573-74).

Philadelphia: Lea &Febiger.

Jeyaprakash, C. S., Sports Medicine, J.P. Brothers Pub., New Delhi, 2003.

Khanna, G.L., (1990). *Exercise physiology & sports medicine*. Delhi: Lucky Enterprises.

Mathew, D.K. & Fox, E.L, (1971). *Physiological basis of physical education and athletics*.

Philadelphia:W.B. Saunders Co.

Pandey, P.K., (1987). *Outline of sports medicine*, New Delhi: J.P. Brothers Pub.

Williams, J. G. P. (1962). *Sports medicine*. London: Edward Arnold Ltd.

**BPEd 404 - SPORTS MEDICINE AND REHABILITATION.**

**CO-PO Mapping Matrix**

|  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| CO | PO1 | PO2 | PO3 | PO4 | PO5 | PO6 | PO7 | PO8 | PO9 |
| BPED 404.1 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 |
| BPED 404.2 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 |
| BPED 404.3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 |
| BPED 404.4 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 |
| **Average** | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 |

**CO-PSO Mapping Matrix**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| CO | PSO 1 | PSO 2 | PSO 3 | PSO 4 | PSO 5 |
| BPED 404.1 | 3 | 3 | 3 | 3 | 3 |
| BPED 404.2 | 3 | 3 | 3 | 3 | 3 |
| BPED 404.3 | 3 | 3 | 3 | 3 | 3 |
| BPED 404.4 | 3 | 3 | 3 | 3 | 3 |
| **Average** | 3 | 3 | 3 | 3 | 3 |

**CO-PO-PSO Mapping Matrix**

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| CO | PO1 | PO2 | PO3 | PO4 | PO5 | PO6 | PO7 | PO8 | PO9 | PSO 1 | PSO 2 | PSO 3 | PSO 4 | PSO 5 |
| BPED 404.1 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 |
| BPED 404.2 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 |
| BPED 404.3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 |
| BPED 404.4 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 |
| **Average** | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 |

**Part – B**

**Practical Courses**

**Semester – 4th**

**BPED-405: Athletics. (Credits=2.5) Marks - 100**

**Course Outcomes: -**

After completing the course contents of this paper, the students will be able to: -

**BPEd 405.1** learn about the event opening and closing ceremonies of Athletic meets

**BPEd 405.2** gain knowledge about victory ceremony of Athletic meets.

**BPEd 405.3** gain knowledge of flag hosting.

**BPEd 405.4** learn about Oath ceremony and march past (formal & Informal).

**SYLLABUS**

1. Sequence of events in Opening ceremony of Athletic Meets (Marks - 20)
2. Sequence of events in Closing ceremony of Athletic Meets (Marks- 20)
3. Sequence of events in Victory ceremony of Athletic Meets (Marks- 20)
4. Method of tying a flag for flag hosting (Marks - 20)
5. Oath and oath ceremony (Marks - 10)
6. Types of March past (Formal & Informal). (Marks - 10)

**BPEd 405 – Athletics.**

**CO-PO Mapping Matrix**

|  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| CO | PO1 | PO2 | PO3 | PO4 | PO5 | PO6 | PO7 | PO8 | PO9 |
| BPED 405.1 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 |
| BPED 405.2 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 |
| BPED 405.3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 |
| BPED 405.4 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 |
| **Average** | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 |

**CO-PSO Mapping Matrix**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| CO | PSO 1 | PSO 2 | PSO 3 | PSO 4 | PSO 5 |
| BPED 405.1 | 3 | 2 | 3 | 3 | 3 |
| BPED 405.2 | 3 | 2 | 2 | 3 | 3 |
| BPED 405.3 | 3 | 2 | 2 | 3 | 3 |
| BPED 405.4 | 3 | 2 | 3 | 3 | 3 |
| **Average** | 3 | 2 | 2.5 | 3 | 3 |

**CO-PO-PSO Mapping Matrix**

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| CO | PO1 | PO2 | PO3 | PO4 | PO5 | PO6 | PO7 | PO8 | PO9 | PSO 1 | PSO 2 | PSO 3 | PSO 4 | PSO 5 |
| BPED 405.1 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 2 | 3 | 3 | 3 |
| BPED 405.2 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 2 | 2 | 3 | 3 |
| BPED 405.3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 2 | 2 | 3 | 3 |
| BPED 405.4 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 2 | 3 | 3 | 3 |
| **Average** | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 2 | 2.5 | 3 | 3 |

**BPED – 406: (Badminton & Table Tennis)(Credits=2.5) Marks- 100**

**Course Outcomes: -**

After completing the course contents of this course, the students will be able to: -

**BPEd 406.1** mark the court of Badminton.

**BPEd 406.2** demonstrate and apply basic skills of Table -Tennis and Badminton.

**BPEd 406.3** interpret various rules of Badminton.

**BPEd 406.4** interpret various rules of Table-Tennis.

**SYLLABUS**

**i) Badminton Marks - 50**

1. Marking of Badminton court. (Marks - 20)
2. Teaching ability of various basic skills of Badminton. (Marks - 20)
3. Interpretation of Various rules of Badminton. (Marks - 10)

**ii) Table Tennis Marks - 50**

1. Marking of Table Tennis. (Marks - 20)
2. Teaching ability of various basic skills of Table Tennis. (Marks - 20)
3. Interpretation of Various rules of Table Tennis. (Marks - 10)

**BPEd 406 - (Badminton & Table Tennis).**

**CO-PO Mapping Matrix**

|  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| CO | PO1 | PO2 | PO3 | PO4 | PO5 | PO6 | PO7 | PO8 | PO9 |
| BPED 406.1 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 |
| BPED 406.2 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 |
| BPED 406.3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 |
| BPED 406.4 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 |
| **Average** | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 |

**CO-PSO Mapping Matrix**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| CO | PSO 1 | PSO 2 | PSO 3 | PSO 4 | PSO 5 |
| BPED 406.1 | 3 | 3 | 3 | 3 | 3 |
| BPED 406.2 | 3 | 3 | 3 | 3 | 3 |
| BPED 406.3 | 3 | 3 | 3 | 3 | 3 |
| BPED 406.4 | 3 | 3 | 3 | 3 | 3 |
| **Average** | 3 | 3 | 3 | 3 | 3 |

**CO-PO-PSO Mapping Matrix**

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| CO | PO1 | PO2 | PO3 | PO4 | PO5 | PO6 | PO7 | PO8 | PO9 | PSO 1 | PSO 2 | PSO 3 | PSO 4 | PSO 5 |
| BPED 406.1 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 |
| BPED 406.2 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 |
| BPED 406.3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 |
| BPED 406.4 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 |
| **Average** | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 |

**BPED – 407:(Boxing and Wrestling) (Credits=2.5) Marks - 100**

**Course Outcomes: -**

After completing the course contents of this course, the students will be able to: -

**BPEd 407.1** enhance and apply knowledge of Boxing ring and Wrestling arena.

**BPEd 407.2** demonstrate and apply basic skills of Boxing and Wrestling.

**BPEd 407.3** interpret various rules of Boxing.

**BPEd 407.4** interpret various rules of wrestling.

**SYLLABUS**

**i) Boxing Marks - 50**

1. Dimensions of Boxing Ring. (Marks - 20)
2. Teaching ability of various basic skills of Boxing (Marks - 20)
3. Interpretation of Various rules of Boxing. (Marks - 10)

**ii) Wrestling Marks - 50**

1. Dimensions of Wrestling mat and arena (Marks - 20)
2. Teaching ability of various basic skills of Wrestling (Marks - 20)
3. Interpretation of Various rules of Wrestling (Marks - 10)

**BPEd 407 - (Boxing and Wrestling).**

**CO-PO Mapping Matrix**

|  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| CO | PO1 | PO2 | PO3 | PO4 | PO5 | PO6 | PO7 | PO8 | PO9 |
| BPED 407.1 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 |
| BPED 407.2 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 |
| BPED 407.3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 |
| BPED 407.4 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 |
| **Average** | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 |

**CO-PSO Mapping Matrix**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| CO | PSO 1 | PSO 2 | PSO 3 | PSO 4 | PSO 5 |
| BPED 407.1 | 3 | 3 | 3 | 3 | 3 |
| BPED 407.2 | 3 | 3 | 3 | 3 | 3 |
| BPED 407.3 | 3 | 3 | 3 | 3 | 3 |
| BPED 407.4 | 3 | 3 | 3 | 3 | 3 |
| **Average** | 3 | 3 | 3 | 3 | 3 |

**CO-PO-PSO Mapping Matrix**

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| CO | PO1 | PO2 | PO3 | PO4 | PO5 | PO6 | PO7 | PO8 | PO9 | PSO 1 | PSO 2 | PSO 3 | PSO 4 | PSO 5 |
| BPED 407.1 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 |
| BPED 407.2 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 |
| BPED 407.3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 |
| BPED 407.4 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 |
| **Average** | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 |

**BPED- 408: Mass DisplayActivity (Lezium,Dumbbell, Tipri&Ring)**

**(Credits=2.5) Marks- 100**

**Course Outcomes: -**

After completing the course contents of this course, the students will be able to: -

**BPEd 408.1** apply and demonstrate exercises like Lezium, Dumbbell, Tipri and Ring.

**BPEd 408.2** demonstrate exercises of Lezium and Dumbbell.

**BPEd 408.3** demonstrate exercises of Tipri and Rings

**BPEd 408.4** use various teaching aids like whistle, drum and verbal count in demonstrating exercises.

**SYLLABUS**

1. Various commands of exercises with (Lezium, Dumbbell &Tipri). (Marks- 20)
2. Exercise with Lezium (with Whistle, Drum and Verbal count. (Marks- 20)
3. Exercise with Dumbbell (with Whistle, Drum and Verbal count. (Marks- 20)
4. Exercise with Tipri (with Whistle, Drum and Verbal count. (Marks - 20)
5. Exercise with Ring (with Whistle, Drum and Verbal count. (Marks - 20)

**BPEd 408 - Mass Display Activity (Lezium, Dumbbell, Tipri & Ring).**

**CO-PO Mapping Matrix**

|  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| CO | PO1 | PO2 | PO3 | PO4 | PO5 | PO6 | PO7 | PO8 | PO9 |
| BPED 408.1 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 |
| BPED 408.2 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 |
| BPED 408.3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 |
| BPED 408.4 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 |
| **Average** | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 |

**CO-PSO Mapping Matrix**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| CO | PSO 1 | PSO 2 | PSO 3 | PSO 4 | PSO 5 |
| BPED 408.1 | 3 | 3 | 3 | 3 | 3 |
| BPED 408.2 | 3 | 3 | 3 | 3 | 3 |
| BPED 408.3 | 3 | 3 | 3 | 3 | 3 |
| BPED 408.4 | 3 | 3 | 3 | 3 | 3 |
| **Average** | 3 | 3 | 3 | 3 | 3 |

**CO-PO-PSO Mapping Matrix**

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| CO | PO1 | PO2 | PO3 | PO4 | PO5 | PO6 | PO7 | PO8 | PO9 | PSO 1 | PSO 2 | PSO 3 | PSO 4 | PSO 5 |
| BPED 408.1 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 |
| BPED 408.2 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 |
| BPED 408.3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 |
| BPED 408.4 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 |
| **Average** | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 |

**Table 4 : CO-PO-PSO Mapping Matrix for all the courses of B.P.Ed.**

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| CO | PO1 | PO2 | PO3 | PO4 | PO5 | PO6 | PO7 | PO8 | PO9 | PSO 1 | PSO 2 | PSO 3 | PSO 4 | PSO 5 |
| B.P.Ed 101 | 3 | 3 | 3 | 3 | 2.5 | 2.75 | 2.5 | 2 | 3 | 3 | 2.75 | 1.50 | 3 | 3 |
| B.P.Ed 102 | 3 | 3 | 3 | 3 | 2.50 | 3 | 3 | 2.50 | 3 | 2 | 3 | 3 | 3 | 3 |
| B.P.Ed 103 | 3 | 3 | 3 | 3 | 3 | 2.50 | 3 | 2.50 | 3 | 3 | 3 | 3 | 3 | 3 |
| B.P.Ed 104 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 2.75 | 3 | 3 | 3 | 3 |
| B.P.Ed 105 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 |
| B.P.Ed 106 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 |
| B.P.Ed 107 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 |
| B.P.Ed 108 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 |
| B.P.Ed 201 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 2 | 3 | 3 | 3 | 3 |
| B.P.Ed 202 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 2 | 2 | 3 | 3 |
| B.P.Ed 203 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 2.5 | 3 | 3 |
| B.P.Ed 204 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 |
| B.P.Ed 205 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 |
| B.P.Ed 206 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 |
| B.P.Ed 207 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 |
| B.P.Ed 208 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 2.5 | 2.75 | 2.75 | 3 | 3 |
| B.P.Ed 209 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 |
| B.P.Ed 301 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 |
| B.P.Ed 302 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 2.5 | 2.5 | 3 | 3 |
| B.P.Ed 303 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 2.5 | 2.5 | 3 | 3 |
| B.P.Ed 304 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 |
| B.P.Ed 305 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 |
| B.P.Ed 306 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 |
| B.P.Ed 307 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 |
| B.P.Ed 308 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 |
| B.P.Ed 309 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 |
| B.P.Ed 401 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 2.5 | 2.5 | 3 | 2.5 |
| B.P.Ed 402 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 |
| B.P.Ed 403 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 |
| B.P.Ed 404 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 2 | 3 | 3 | 3 |
| B.P.Ed 405 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 2 | 2.5 | 3 | 3 |
| B.P.Ed 406 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 |
| B.P.Ed 407 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 |
| B.P.Ed 408 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 |

**Attainment of COs:**

The attainment of COs can be measured on the basis of the results of internal assessment and semester examination. The attainment is measured on scale of 3 after setting the target for COs attainment. Table 5 shows the CO attainment levels assuming the set target of 50% marks:

**Table 5 : CO Attainment Levels for internal assessment.**

|  |  |
| --- | --- |
| **Attainment Level** |  |
| **1**  **(Low level of attainment)** | **50% of students score more than 50% of marks in class tests of a course.** |
| **2**  **(Medium level of attainment)** | **60% of students score more than 50% of marks in class tests of a course.** |
| **3**  **(High Level of attainment)** | **70% of students score more than 50% of marks in class tests of a course.** |

*Note: In the above table, the set target is assumed as 50%. It may vary in different departments/institutes. The staff Councils of the departments/institutes may finalize the set target.*

A proper mapping of course outcomes with assessment methods should be defined before measuring the attainment level. The questions in tests for internal assessment are based on COs. Here it is assumed that class test – I is based on first two COs (i.e. BPEd 101.1 and BPEd 101.2) of a course with equal weightage given to both COs. Similarly class test – II is based on next two COs (i.e. BPEd 101.3 and BPEd 101.4) of a course with equal weightage given to these two COs. For each internal assessment test, the percentage of students attaining the target level of CO is estimated and average percentage will decide the attainment level of COs. Following steps may be followed for determining the attainment level in internal assessment of course.

1. Estimate the %age of students scoring set target (say 50%) or more in the questions of test-I based on first CO i.e. BPEd101.1
2. Estimate the %age of students scoring set target (50%) or more in the question(s) of test-I based on second CO i.e. BPEd101.2
3. Estimate the %age of students scoring set target (50%) or more in the question(s) of test-II based on third CO i.e. BPEd101.3
4. Estimate the %age of students scoring set target (50%) or more in the question(s) of test-II based on fourth CO i.e. BPEd101.4
5. Take average of the percentages obtained above.
6. Determine the attainment level i.e. 3, 2 or 1 as per scale defined in table 5.

*Note: In the above steps, it is assumed that internal assessment is based on two tests only. However if internal assessment is based on more than two tests and/or on assignment then same may be incorporated to determine the CO attainment level. There may be more than four Cos for a course. The set target may also be different for different COs. These issues may resolved by the Staff Councils of the departments/institutes.*

For determining the attainment levels for end semester examination, it is assumed that questions in the end term examination are based on all COs of the course. Attainment levels for end semester examination of a course can be determined after the declaration of the results. The CO attainment levels for end semester examination are given in Table 6.

**Table 6 : CO Attainment Levels for End Semester Examination (ESE)**

|  |  |
| --- | --- |
| **Attainment Level** |  |
| **1**  **(Low level of attainment)** | **60% of students obtained letter grade of A or above (for CBCS programs) or score more than 60% of marks (for non-CBCS programs) in ESE of a course.** |
| **2**  **(Medium level of attainment)** | **70% of students obtained letter grade of A or above (for CBCS programs) or score more than 60% of marks (for non-CBCS programs) in ESE of a course.** |
| **3**  **(High Level of attainment)** | **80% of students obtained letter grade of A or above (for CBCS programs) or score more than 60% of marks (for non-CBCS programs) in ESE of a course.** |

*Note: In the above table, the set target is assumed as grade A for CBCS courses and 60% for non-CBCS courses. It may vary in different departments/institutes. The staff Councils of the departments/institutes may finalize the set target.*

**Overall CO Attainment level of a Course:**

The overall CO attainment level of a course can be obtained as:

Overall CO attainment level = 50% of CO attainment level in Internal assessment + 50% of CO Attainment level in end semester examination.

The overall COs attainment level can be obtained for all the courses of the program in a similar manner.

**Attainment of POs:**

The overall attainment level of POs is based on the values obtained using direct and indirect methods in the ratio of 80:20. The direct attainment of Pos is obtained through the attainment of COs. The overall CO attainment value as estimated above and CO-PO mapping value as shown in Table 4 are used to compute the attainment of POs. PO attainment values obtained using direct method can be written as shown in the Table 7.

**Table 7: PO Attainment Values using Direct Method**

|  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  | PO1 | PO2 | PO3 | PO4 | PO5 | PO6 | PO7 | PO8 | PO9 |
| BPEd 101 |  |  |  |  |  |  |  |  |  |
| BPEd 102 |  |  |  |  |  |  |  |  |  |
| BPEd 103 |  |  |  |  |  |  |  |  |  |
| - |  |  |  |  |  |  |  |  |  |
| BPEd 408 |  |  |  |  |  |  |  |  |  |
| Direct PO attainment | Average of above values | Average of above values | Average of above values | -- | -- | -- | -- | -- | Average of above values |

The PO attainment values to be filled in above table can be obtained as follows:

For BPEd101-PO1 Cell:

PO1 attainment value = (Mapping factor of BPEd101-PO1 from Table 4 x Overall CO attainment value for the course BPEd101)/3

For BPEd104-PO1 Cell:

PO1 attainment value = (Mapping factor of BPEd104-PO1 from Table 4 x Overall CO attainment value for the course BPEd104)/3

Similarly values for each cell of Table 7 can be obtained. The direct attainment of Pos is average of individual PO attainment values.

In order to obtain the PO attainment using indirect method, a student exit survey based on the questionnaire of Pos may be conducted at end of last semester of the program. The format for the same is given in Table 8. Average of the responses from the outgoing students for each PO is estimated.

The overall PO attainment values are obtained by adding attainment values estimated using direct and indirect methods in the proportion of 80:20 as follows:

Overall attainment value for PO1 =

[0.8 x average attainment value for PO1 using direct method (from table 7)] **+** [0.2 x average response of outgoing students for PO1].

Similarly overall attainment value can be obtained for each PO.

**Table 8: PO Questionnaire for indirect measurement of PO attainment**

**(For Outgoing students)**

At the end of my degree program I am able to do:

|  |  |  |  |
| --- | --- | --- | --- |
| Statements of POs | Please Tick any one | | |
| 1. Learners will be able to comprehend the acquire knowledge during the Program of study. | 3 | 2 | 1 |
| 2. Learners will be able to reflect on the issues relating to the discipline- ‘Education’. | 3 | 2 | 1 |
| 3. Learners will be able to exhibit the professional skills and competencies acquired during the Program of study. | 3 | 2 | 1 |
| 4. Learners will be able to show scientific & research capabilities in their academic, professional and general life pursuits. | 3 | 2 | 1 |
| 5. Learners will be able to apply the knowledge and skills acquired in academic planning, organizing, evaluation, decision making, resource management according to pre-determined objectives/outcomes. | 3 | 2 | 1 |
| 6. Learners will be able to work as member or leader in various teams and multi-disciplinary & diverse settings. | 3 | 2 | 1 |
| 7. Learners will be able to discuss and solve the problems relating to the discipline and life. | 3 | 2 | 1 |
| 8. Learners will be able to state and follow the ethical issues relating to the discipline and society. | 3 | 2 | 1 |
| 9. Learners will be able to apply different tools and techniques of communication and related skills. | 3 | 2 | 1 |

Overall PO attainment values can be written as shown in Table 9:

**Table 9: Overall PO attainment Values.**

|  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  | PO1 | PO2 | PO3 | PO4 | PO5 | PO6 | PO7 | PO8 | PO9 |
| Direct PO attainment |  |  |  |  |  |  |  |  |  |
| Indirect PO attainment |  |  |  |  |  |  |  |  |  |
| Overall PO attainment. |  |  |  |  |  |  |  |  |  |
| Target |  |  |  |  |  |  |  |  |  |

The overall PO attainment values obtained above are compared with set target. The set target for each PO may be different and can be finalized by the staff councils of the departments/institutes. If overall PO attainment value is less than the set target value then an action plan may be prepared for improvement in the subsequent academic session.

**The overall PSO attainment level based on CO-PSO mapping values and overall CO attainment values can be obtained in a similar manner.**